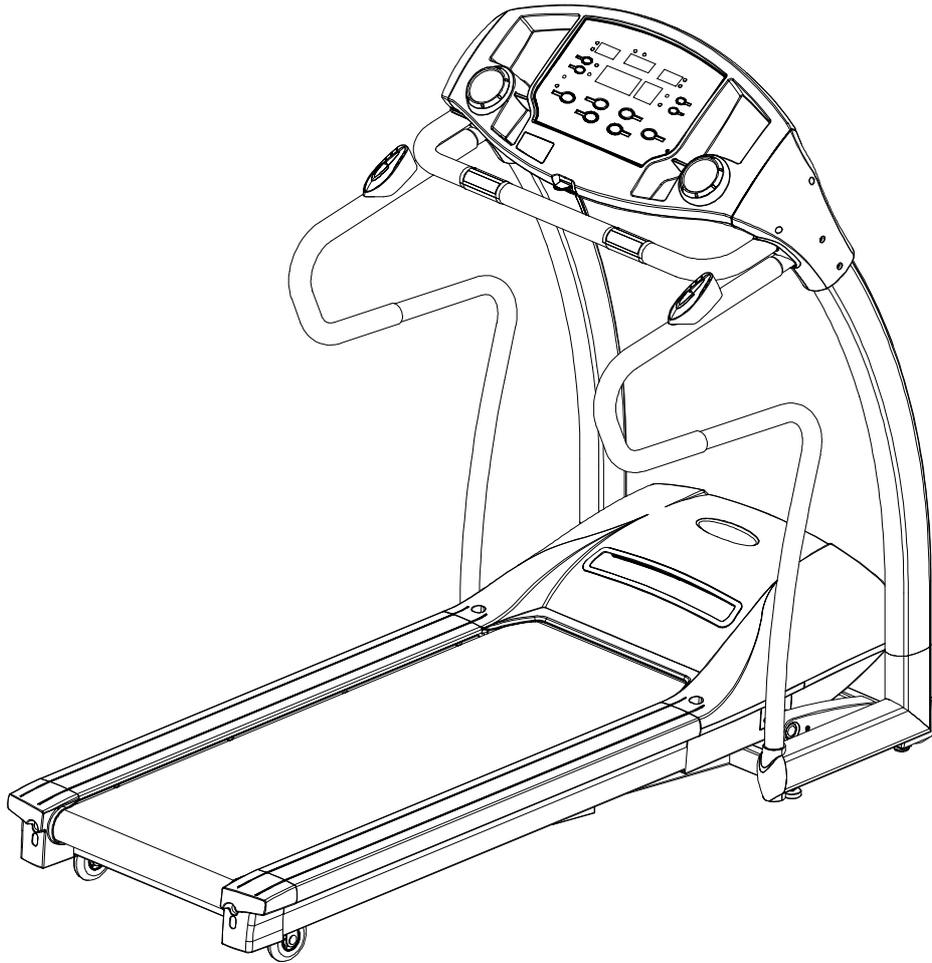# 7.25 MOTORIZED TREADMILL

MODEL NUMBER: 7.25

USER WEIGHT LIMITATION: **350lbs (160 kgs)**

SERVICE NUMBER: 0800-09 72100

SERIAL NUMBER (found on frame):

CE

PRECAUTIONS

Precautions:

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

- Use the treadmill only as described in this manual.

- Place on a level surface, with 6 feet (2 m) of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.

- When choosing a location for the treadmill make sure that the location and position permit access to a plug.

- Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.

- Do not operate the treadmill where aerosol products are used or where oxygen is being administered.

- Keep children under the age of 12 and pets away from the treadmill at all times.

- The treadmill should not be used by persons weighing more than **350 lbs (160 kgs)**

- Never allow more than one person on the treadmill at a time. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.

- When connecting the power cord, plug the power cord into a grounded circuit. No other appliance should be on the same circuit.

- Always straddle the belt and allow it to start moving before stepping onto the belt.

- Always examine your treadmill before using to ensure all parts are in working order.

- Allow the belt to fully stop before dismounting.

- Never insert any object or body parts into any opening.

- Follow the safety information in regards to plugging in your treadmill.

- Keep the power cord away from the incline wheels and do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.

- Always unplug the treadmill before cleaning and/or servicing. Service to your treadmill should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer. Failure to follow these instructions will void the treadmill warranty.

- Never leave the treadmill unattended while it is running.

- The equipment is for Class B (Home Use).

POWER REQUIREMENTS

Power Requirements:

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN A RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET; HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of treadmill damage, always use a surge protector (not included) with your treadmill.

This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current, should the treadmill malfunction. This treadmill comes with an electrical cord having an equipment-grounding conductor and a grounding plug. Always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 230-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing below.

FIG1

FIG3
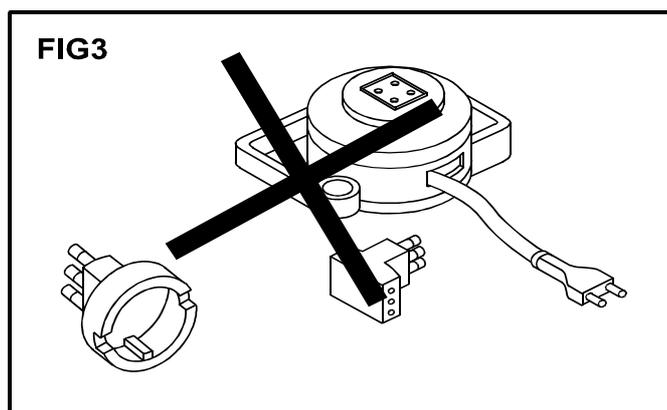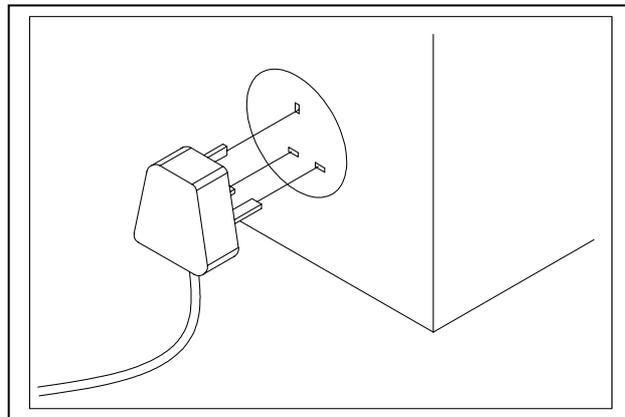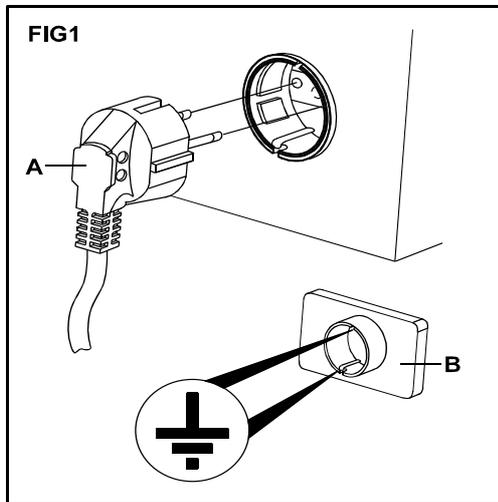
PREASSEMBLY

Open the boxes:

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Hardware Comparison Chart for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts or have any assembly questions call your local Smooth Retailer.

Gather your tools:

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

Please note that there is a weight limitation for this product. **If you weigh more than 350lbs (160kgs) it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here.** This product is not intended to support users whose weight exceeds this limit.

Care and maintainence:

1. The safety level can be maintained only if it is examined for damage and wear.

2. Replace the defect components immediately and stop to use the equipment until repair.

3. Always care that you mount on the equipment steady before you start to use the equipment. Dismount from the equipment after all parts are stop.

4. Always check the easily wear components like pulley ets. To prevent danger.

5. There is an emergency stop to prevent dangers, you can stop the treadmill immediately by actuated the emergency stop for emergency dismount.

CONTENTS CHECKLIST

Carton contents:

For your convenience, we have identified the contents of the shipping carton. Please check to make sure you have all of the components before assembly. This chart is provided to help you identify the components used in the assembly of this product.

No.	Description	Qty.
A	Computer	1
B	Front Handlebar Assembly	1
C	Handlebar	2
D	Upright Assembly	2
E	Main Frame Assembly	1
202	Handlebar Lower Cover	2
302	Upright Cover-LL	1
303	Upright Cover -LR	1
304	Upright Cover -RL	1
305	Upright Cover -RR	1
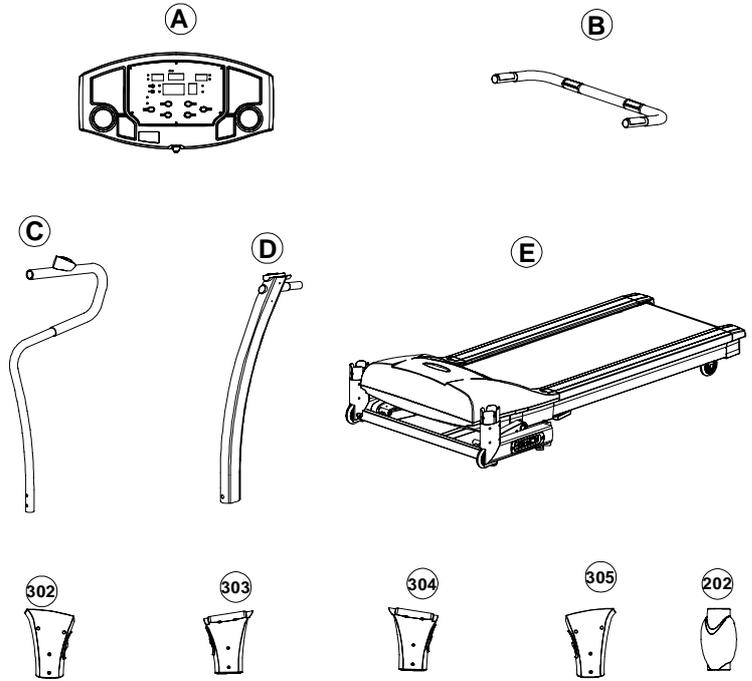
HARDWARE COMPARISON CHART

Hardware chart:

For your convenience, we have identified the hardware used in the assembly of this product. This chart is provided to help you identify those items that may be unfamiliar to you.

No.	Description	Qty.
804	M8 x 15mm Bolt	2
805	M8 x 50mm Bolt	8
806	#8 x 19mm Screw	8
807	#8 x 19mm Screw	9
A	5mm Wrench	1
B	8mm Wrench	1
C	Wrench	1
D	5mm Allen Wrench	1
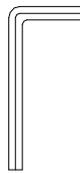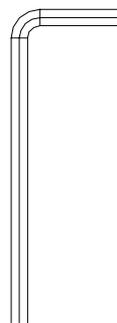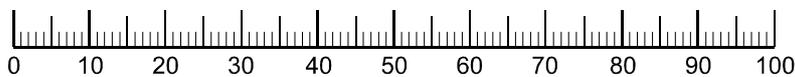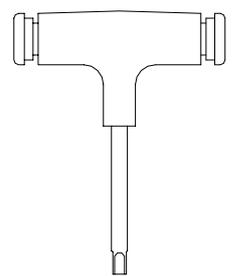
MILLIMETERS

PARTS LIST

No.	Description	Qty.	Order No.	GM BOM NO.
7.25-100	**Console Assembly**			
7.25-101	Overlay	1	7.25-101	
7.25-102	Computer Insert	1	7.25-102	PL-COI-LED17
7.25-103	Console PC Board	1	7.25-103	
7.25-104	Console Housing - Upper	1	7.25-104	PL-COU-XT220
7.25-105	Console Housing - Bottom	1	7.25-105	PL-COD-XT220
7.25-106	Safety key Base	1	7.25-106	AP-010-01-PL
7.25-107	Safety Key	1	7.25-107	PL-AP-004
7.25-108	Safety Key Wire - Upper	1	7.25-108	
7.25-109	Computer Wire - Upper	1	7.25-109	
7.25-110	Computer Ground Wire	1	7.25-110	
7.25-111	Hand Pulse Wire - Upper	2	7.25-111	
7.25-112	E - Prom	1	7.25-112	
7.25-113	Motion Control Board	1	7.25-113	
7.25-114	Motion Control Board Wire	1	7.25-114	
7.25-115	Motion Control Sensor Wire	2	7.25-115	
7.25-116	Water Bottle Holder	2	7.25-116	PL-WBI-XT220
7.25-200				
7.25-201	Handle Bar Upright	2	7.25-201	IR-HD-XT220-01
7.25-202	Handle Bar Upright Rear End Cap	2	7.25-202	PL-BFC-XT220
7.25-203	Handle Bar Upright Foam Grip	2	7.25-203	FO-RO-38X3X950
7.25-204	Front Handle Bar	1	7.25-204	IR-WD-FHD-XT220
7.25-205	Front Handle Bar Foam Grip-Short	1	7.25-205	FO-RO-38X3X1108
7.25-206	Front Handle Bar Foam Grip-Long	2	7.25-206	FO-RO-38X3X1108
7.25-207	Hand Pulse Set	2	7.25-207	EL-HP-001-R038.1
7.25-208	Motion Control	2	7.25-208	AP-011-01-1
7.25-209	Motion Control Base	2	7.25-209	AP-011-02-1
7.25-300				
7.25-301	Upright	2	7.25-301	IR-WD-UR-XT220
7.25-302	Upright Cover -LL	1	7.25-302	PL-URCLL-XT220
7.25-303	Upright Cover -LR	1	7.25-303	PL-URCLR-XT220
7.25-304	Upright Cover -RL	1	7.25-304	PL-URCRL-XT220
7.25-305	Upright Cover -RR	1	7.25-305	PL-URCRR-XT220
7.25-306	Safety Key Wire - Middle	1	7.25-306	

PARTS LIST

No.	Description	Qty.	Order No.	GM BOM NO.
7.25-307	Computer Wire - Upper	1	7.25-307	
7.25-308	Motion Control Sensor Wire - Middle	2	7.25-308	
7.25-400				
7.25-401	Base Frame	1	7.25-401	IR-WD-BF-XT220
7.25-402	Safety Key Wire - Lower	1	7.25-402	
7.25-403	Computer Wire -Lower	1	7.25-403	
7.25-404	Power Switch Plate Cover	1	7.25-404	AP-005-01-PL
7.25-405	Power Switch Plate	1	7.25-405	AP-005-02-PL
7.25-406	Power Breaker	1	7.25-406	AP-005-04-PL
7.25-407	Power Switch	1	7.25-407	AP-005-03-PL
7.25-408	Fold UP Support	1	7.25-408	IR-WD-MF-XT220
7.25-409	Foot Locker	1	7.25-409	AP-004-01-IR
7.25-410	Foot Locker Spring	1	7.25-410	IR-BOLT-07-D2X270
7.25-411	Shock	1	7.25-411	AP-012-O
7.25-412	Fix Bolt Sets	2	7.25-412	AP-001
7.25-413	Front Caster	2	7.25-413	RU-MW-10X100X25
7.25-414	Rubber Cushion	2	7.25-414	RU-FS-FX-D30X8.5
7.25-415	Level Adjuster	2	7.25-415	RU-FS-AD-M8X38.5
7.25-416	Base Frame End Cap	2	7.25-416	
7.25-417	Cushion	2	7.25-417	RU-FS-FX-101X36X17.5
7.25-418	Transportation Wheel Bracket	2	7.25-418	AP-003-02-IR-2
7.25-419	Transportation Wheel Bracket	1	7.25-419	AP-003-01-IR
7.25-420	Spring	1	7.25-420	
7.25-421	Rear Transportation Wheel	1	7.25-421	RU-MW-D38X22
7.25-422	Plastic Insert	1	7.25-422	IR-BOLT-06-03-10X16X8.5
7.25-423	Fold Up Support Wheel	1	7.25-423	RU-MW-12X25X25
7.25-424	Bushing	2	7.25-424	IR-BOLT-06-03-10X17.5
7.25-500				
7.25-501	Motor Hood	1	7.25-501	PL-MCU-XT220
7.25-502	Elevation Motor	1	7.25-502	EL-MO-IS25
7.25-503	Elevation Gear Sleeve	1	7.25-503	EL-MO-JS25-O
7.25-504	Driving Motor	1	7.25-504	EL-MO-B1K-1.2HP-4800RPM
7.25-505	Motor Holder	1	7.25-505	AL-TL-01-118

PARTS LIST

No.	Description	Qty.	Order No.	GM BOM NO.
7.25-506	Driving Belt	1	7.25-506	RU-PB-250J-7
7.25-507	Motor Control Board	1	7.25-507	
7.25-508	Elevation Control Board	1	7.25-508	
7.25-509	Elevation Support Tube	1	7.25-509	IR-WD-EF-XT220
7.25-510	ELEVATION SUPPORT TUBE COVER - LEFT	1	7.25-510	PL-EFCL-XT220
7.25-511	MOTOR BOTTOM COVER	1	7.25-511	PL-MCU-XT220
7.25-512	DECK FRAME SIDE COVER - LEFT	1	7.25-512	PL-MCSL-XT220
7.25-513	PLASTIC CLAMP - TOP	2	7.25-513	PL-AP-002
7.25-514	PLASTIC CLAMP - BOTTOM	2	7.25-514	PL-AP-003
7.25-515	ELEVATION SUPPORT	2	7.25-515	IR-AP-002
7.25-516	ELEVATION SUPPORT CAP	2	7.25-516	PL-ROC-19.4
7.25-517	DECK RUBBER CUSHION	2	7.25-517	
7.25-518	Rear Vent Cover	1	7.25-518	PL-MCU-XT220
7.25-519	ELEVATION SUPPORT TUBE COVER - Right	1	7.25-519	PL-EFCR-XT220
7.25-520	DECK FRAME SIDE COVER - Right	1	7.25-520	PL-MCSR-XT220
7.25-600				
7.25-601	RUNNING BELT	1	7.25-601	RU-RB-1.6X493X2760
7.25-602	SIDE RAIL	2	7.25-602	PL-SRL-XT220
7.25-603	SIDE RAIL END CAP - LEFT	1	7.25-603	PL-ECL-XT220
7.25-604	SIDE RAIL END CAP - Right	1	7.25-604	PL-ECR-XT220
7.25-605	RUNNING DECK	1	7.25-605	WO-RB-1195X652X19
7.25-700				
7.25-701	DECK FRAME	1	7.25-701	IR-WD-RF-XT220
7.25-702	Front Roller Shaft	1	7.25-702	AP-007-04-15X570-IR
7.25-703	Front Roller Tube	1	7.25-703	AP-007-63.5X117
7.25-704	Roller Bearing 6202	4	7.25-704	IR-BR-6202
7.25-705	Rear Roller Shaft	1	7.25-705	AP-008-01-15X574-IR
7.25-706	Rear Roller Tube	1	7.25-706	AP-008-63.5
7.25-707	RUNNING DECK SUPPORT TUBE	1	7.25-707	AP-009-01-SQ-22X640
7.25-708	DECK FRAME - REAR	1	7.25-708	AP-009-02-FO-22.23X3X450
7.25-413	Rear Caster	2	7.25-413	RU-MW-10X100X25
7.25-800				
7.25-801	# 6 × 12mm Screws	12	7.25-801	IR-BOLT-02-03-M3X12X12
7.25-802	# 4 × 6mm Screws	12	7.25-802	IR-BOLT-02-03-M2X6X6

PARTS LIST

No.	Description	Qty.	Order No.	GM BOM NO.
7.25-803	#8 × 12mm Screws	8	7.25-803	IR-BOLT-02-03-M4X12-S
7.25-804	M8 x 15mm Bolt	2	7.25-804	IR-BOLT-01-08-M8X15X15
7.25-805	M8 x 50mm Bolt	8	7.25-805	IR-BOLT-01-01-M8X50X50
7.25-806	#8 x 19mm Screw	13	7.25-806	IR-BOLT-02-03-M4X19-S
7.25-807	#8 x 19mm Screw	9	7.25-807	IR-BOLT-02-03-M4X15-S
7.25-808	M5 × 10mm Screws	3	7.25-808	IR-BOLT-01-01-M5X10X10
7.25-809	#8 × 16 Screws	36	7.25-809	IR-BOLT-02-03-M4X15
7.25-810	C Fixed	1	7.25-810	
7.25-811	M10 × 30mm Bolts	1	7.25-811	IR-BOLT-01-10-M10X30
7.25-812	Bearing	1	7.25-812	IR-BOLT-06-02-7X11
7.25-813	Washer	8	7.25-813	IR-BOLT-05-01-4.5X10X1
7.25-814	Nylon Nut	7	7.25-814	IR-BOLT-03-02-M10X16X10
7.25-815	M8 x 35mm Axle	1	7.25-815	
7.25-816	M14 × 90 Screws	2	7.25-816	IR-BOLT-01-10-M14X90X29
7.25-817	Bearing	4	7.25-817	IR-BOLT-06-02-5X6X10
7.25-818	M10 × 35mm Screws	10	7.25-818	IR-BOLT-01-08-M10X35X15
7.25-819	#8 × 10mm Screws	7	7.25-819	IR-BOLT-02-03-M4X10-S
7.25-820	#8 × 50mm Screws	2	7.25-820	IR-BOLT-02-03-M4X50
7.25-821	M10 × 63mm Bolts	1	7.25-821	IR-BOLT-01-10-10X61
7.25-822	Fixed Block	8	7.25-822	PL-AP-001
7.25-823	M8 × 120mm Bolts	1	7.25-823	IR-BOLT-01-09-M8X120X35
7.25-824	Plate Washer	2	7.25-824	IR-BOLT-05-01-8X40X2
7.25-825	Spring	1	7.25-825	RU-BS-8X22.5X14
7.25-826	Nylon Nut	1	7.25-826	IR-BOLT-03-02-M8X14X8
7.25-827	M8 × 20mm Screws	6	7.25-827	IR-BOLT-01-08-M8X20X20
7.25-828	Spring Washer	10	7.25-828	IR-BOLT-05-01-8X14X2
7.25-829	Washer	2	7.25-829	IR-BOLT-05-01-8X16X3
7.25-830	M10 × 136mm Screws	1	7.25-830	IR-BOLT-01-06-M10X136X13
7.25-831	M10 × 90mm Screws	1	7.25-831	IR-BOLT-01-06-M10X90X13
7.25-832	M8 × 25mm Screws	8	7.25-832	IR-BOLT-01-02-M8X25X25
7.25-833	Hexagon Nut	8	7.25-833	IR-BOLT-04-01-M8X13X6.5
7.25-834	M6 × 70mm Bolts	3	7.25-834	IR-BOLT-01-05-M6X70X70
7.25-835	Washer	3	7.25-835	IR-BOLT-05-01-6X13X1
7.25-836	M10 x 40mm Axle	1	7.25-836	IR-BOLT-01-10-M10X40X4

PARTS LIST

No.	Description	Qty.	Order No.	GM BOM NO.
7.25-837	C Fixed	2	7.25-837	IR-BOLT-06-03-M10C
7.25-838	M10 × 43mm Bolts	2	7.25-838	IR-BOLT-01-10-M10X42
7.25-839	Cushion Pad	8	7.25-839	AP-006
7.25-840	M10 × 40mm Screws	1	7.25-840	IR-BOLT-01-05-M10X40X15
7.25-841	M6 × 10mm Screws	2	7.25-841	IR-BOLT-01-01-M6X10X10
7.25-842	M10 × 52mm Screws	1	7.25-842	IR-BOLT-01-06-M10X52X30

PARTS LIST

PARTS DIAGRAM

**A MAJORITY OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED AT THE FACTORY.**

PARTS DIAGRAM

A MAJORITY OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED AT THE FACTORY.

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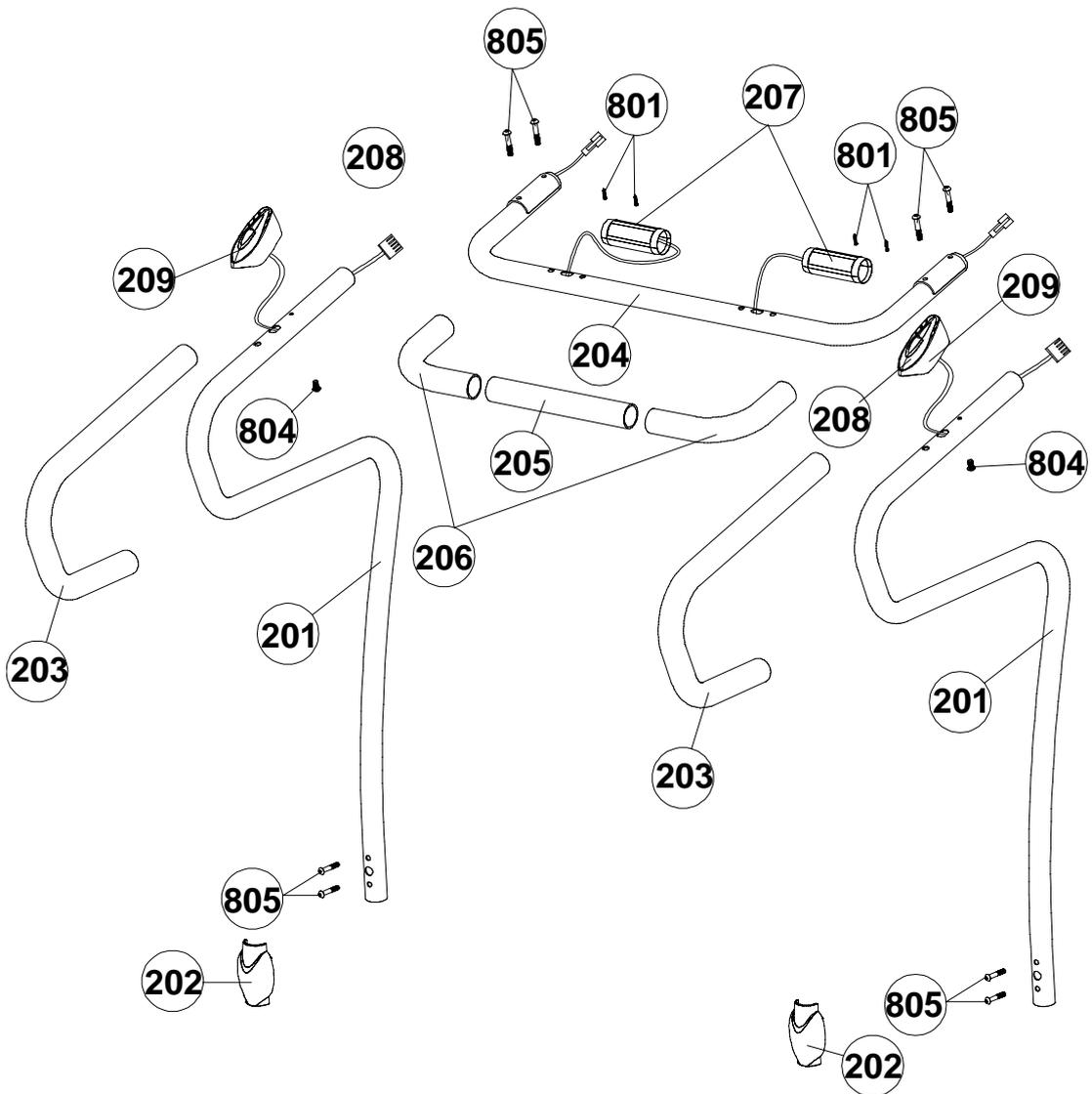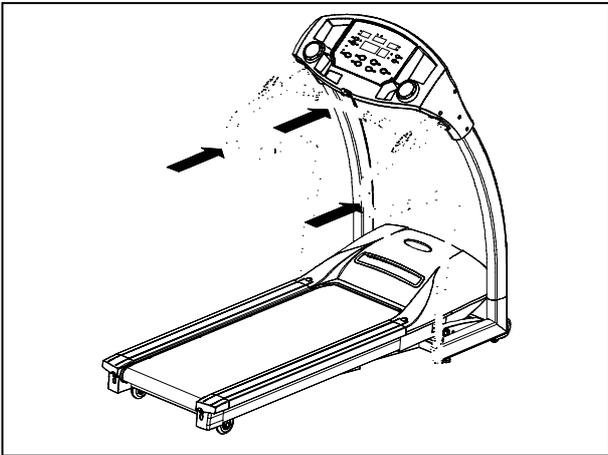
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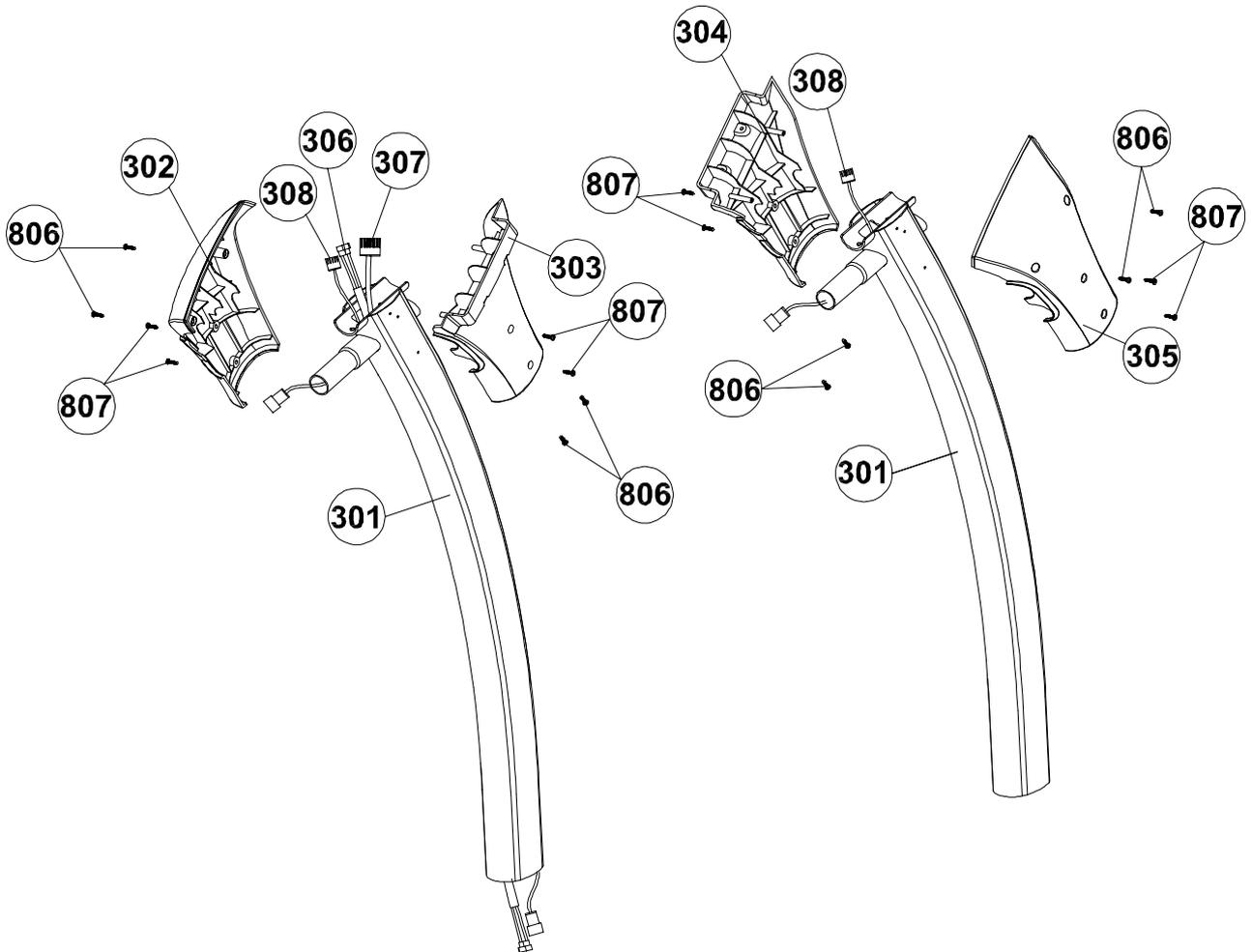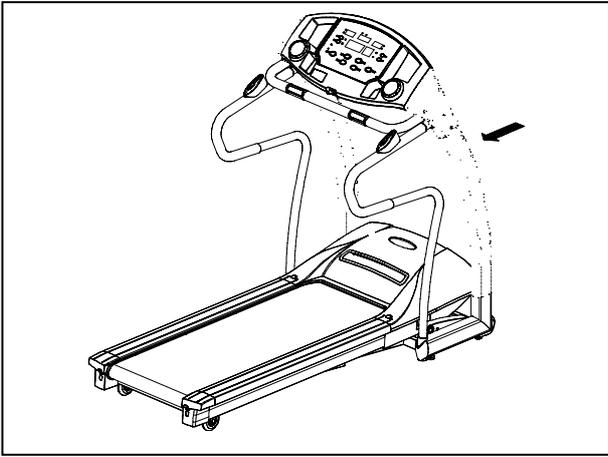
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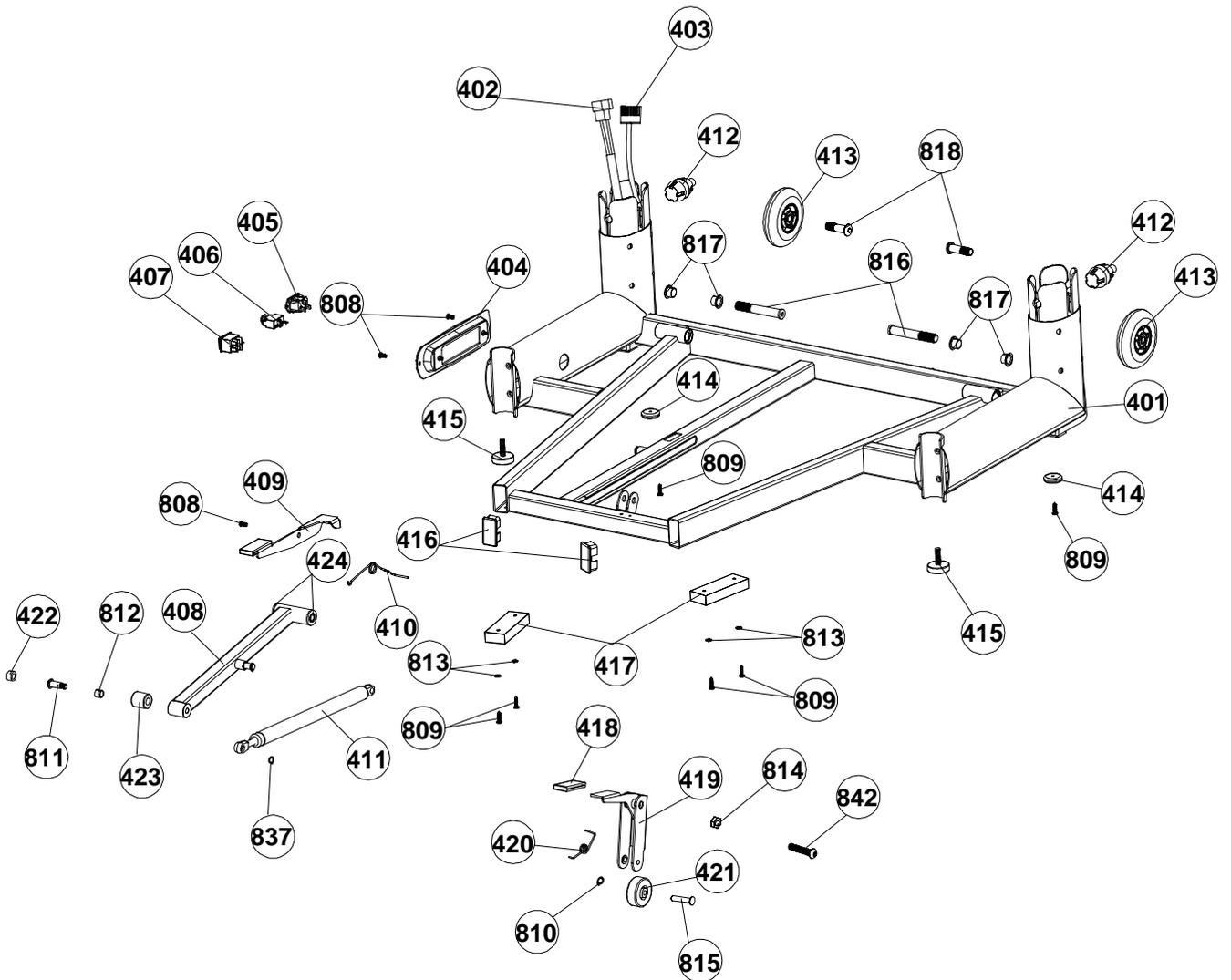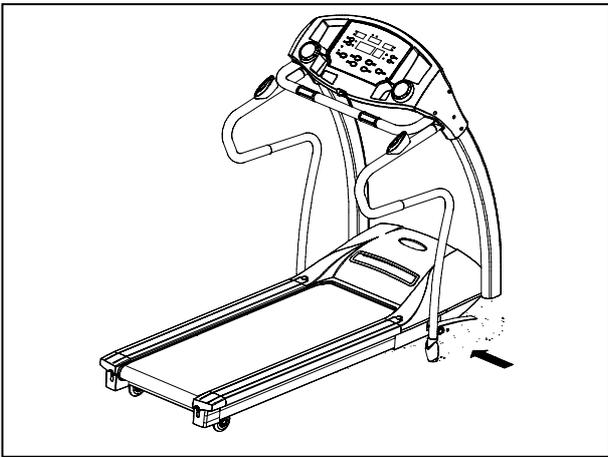
PARTS DIAGRAM

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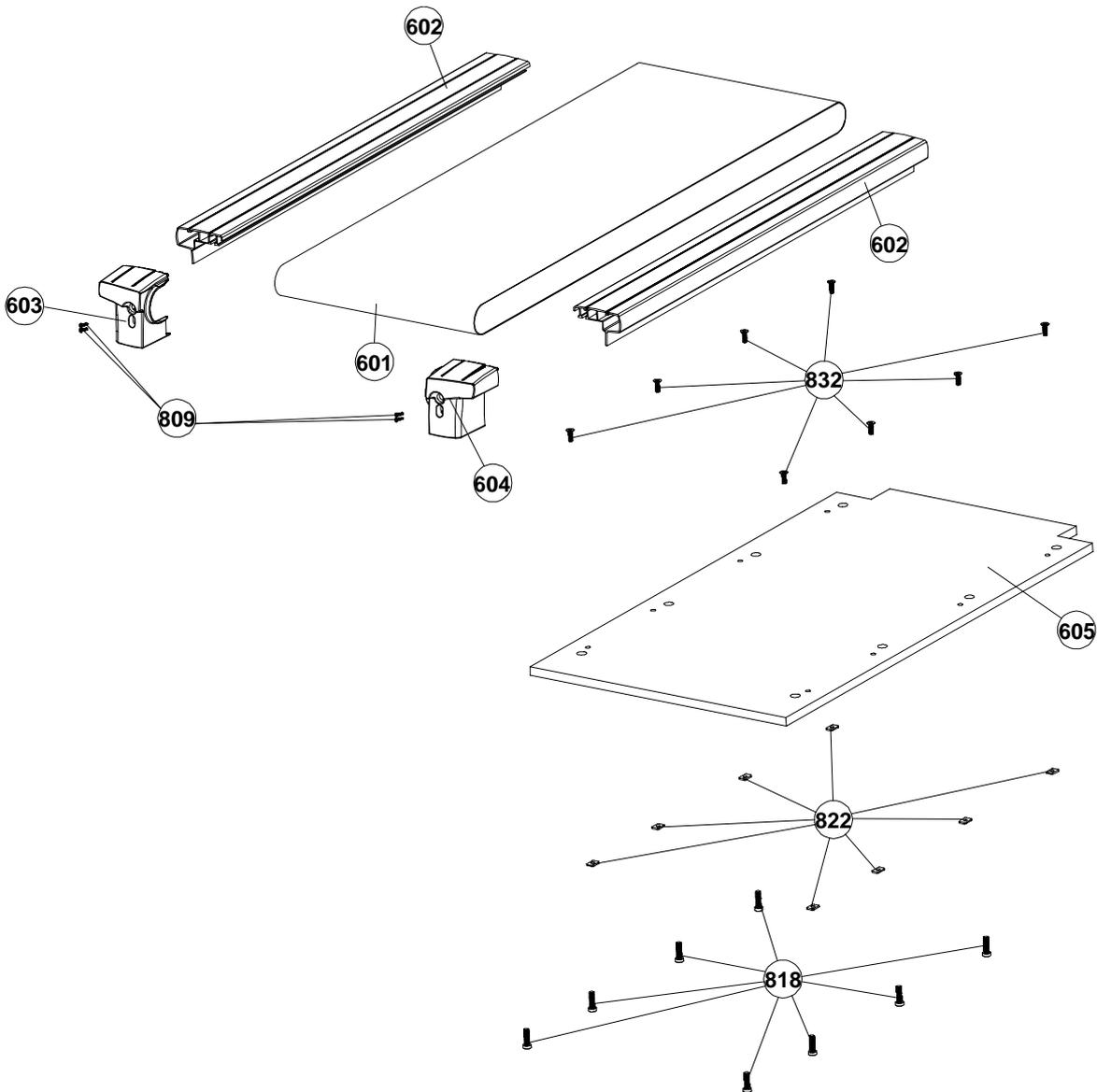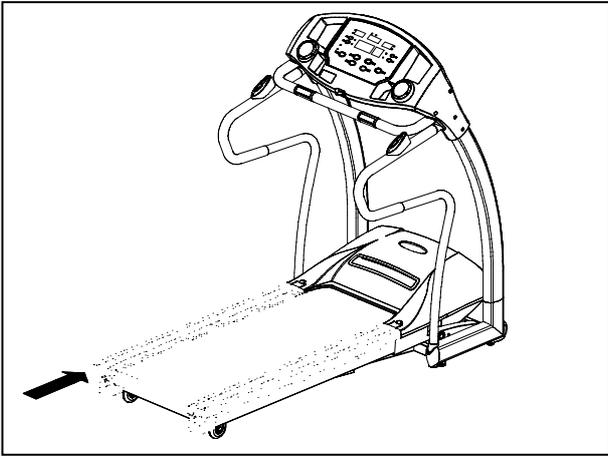
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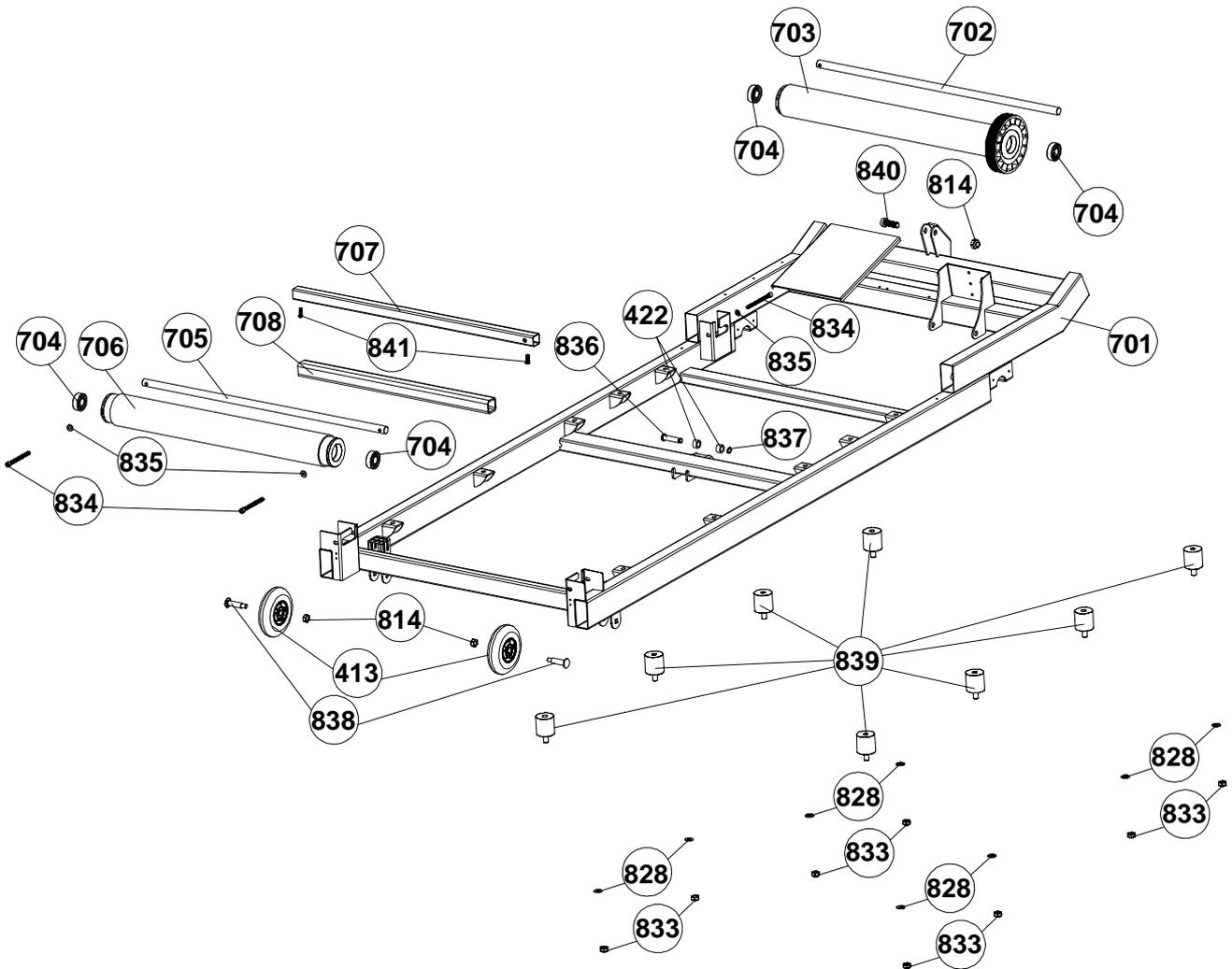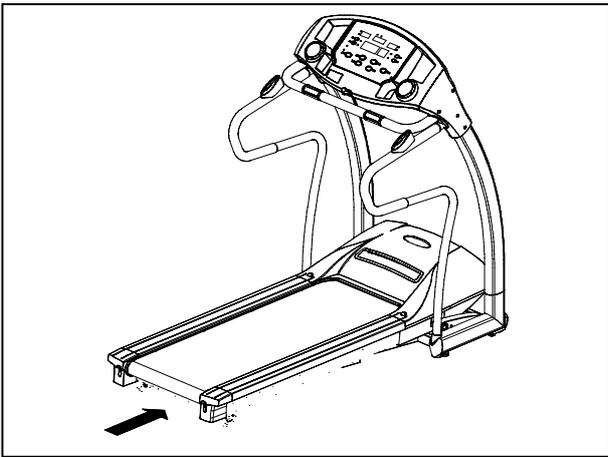
ASSEMBLY

STEP 1:

Remove your treadmill from the carton and place it on the floor in an open area.

Connect the Middle Section Computer Wire (307) to the Lower Section Computer Wire (403) and the Middle Section Safety Key Wire (306) to the Lower Section Safety Key Wire (402).   Insert any extra cable length into the Left Upright (301).

Insert the Left and Right Uprights (301) into the Base Frame (401).
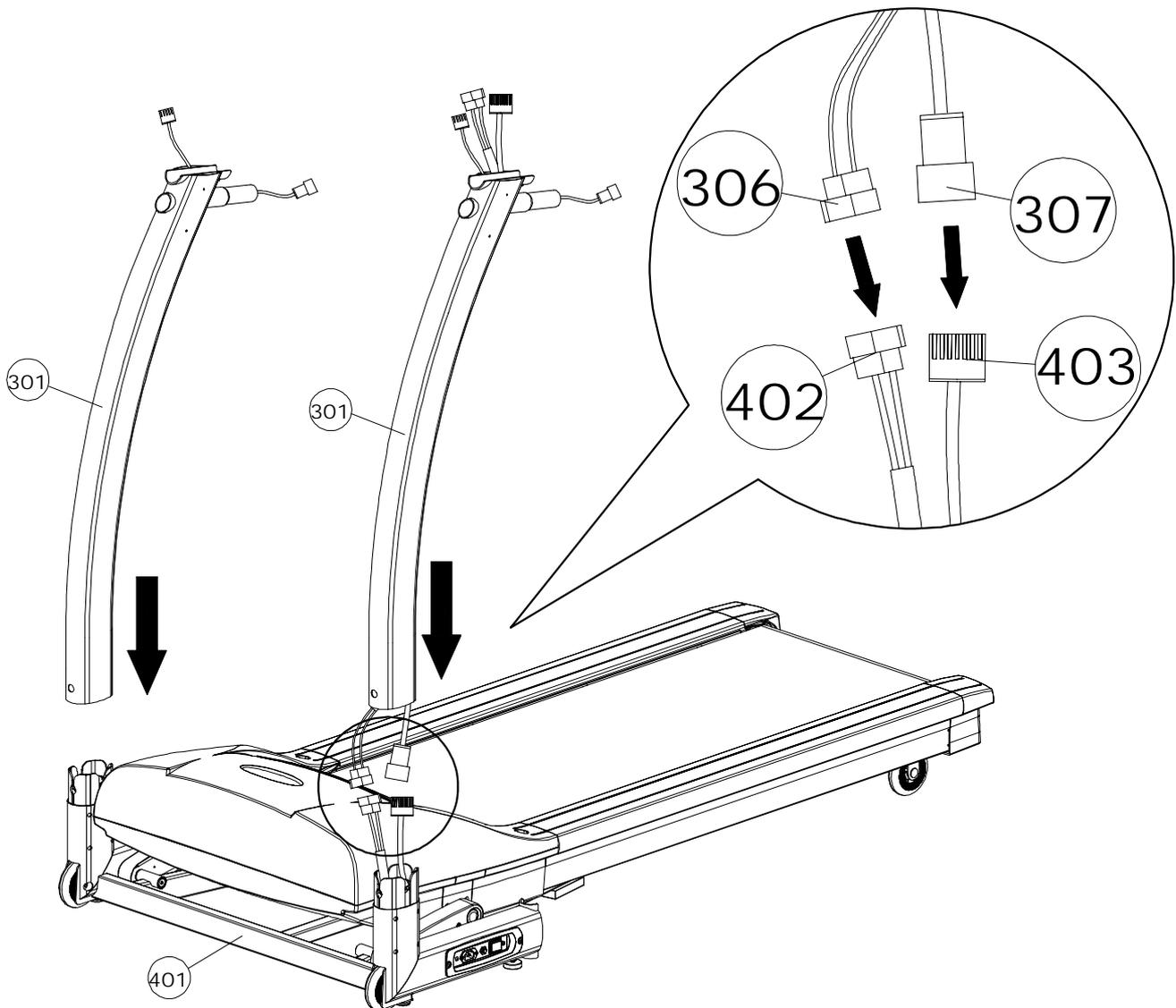
ASSEMBLY

STEP 2:

First connect the Motion Control Wire Middle Section (308) to Motion Control Wire Lower Section (208) as shown.

Insert the Handlebar (201) into the Upright Tube (301) and secure using two M8 x 15mm Bolts (804), Four M8 x 50mm Bolts (805) and attach Handlebar Lower Cover (202) to Base Frame (401).
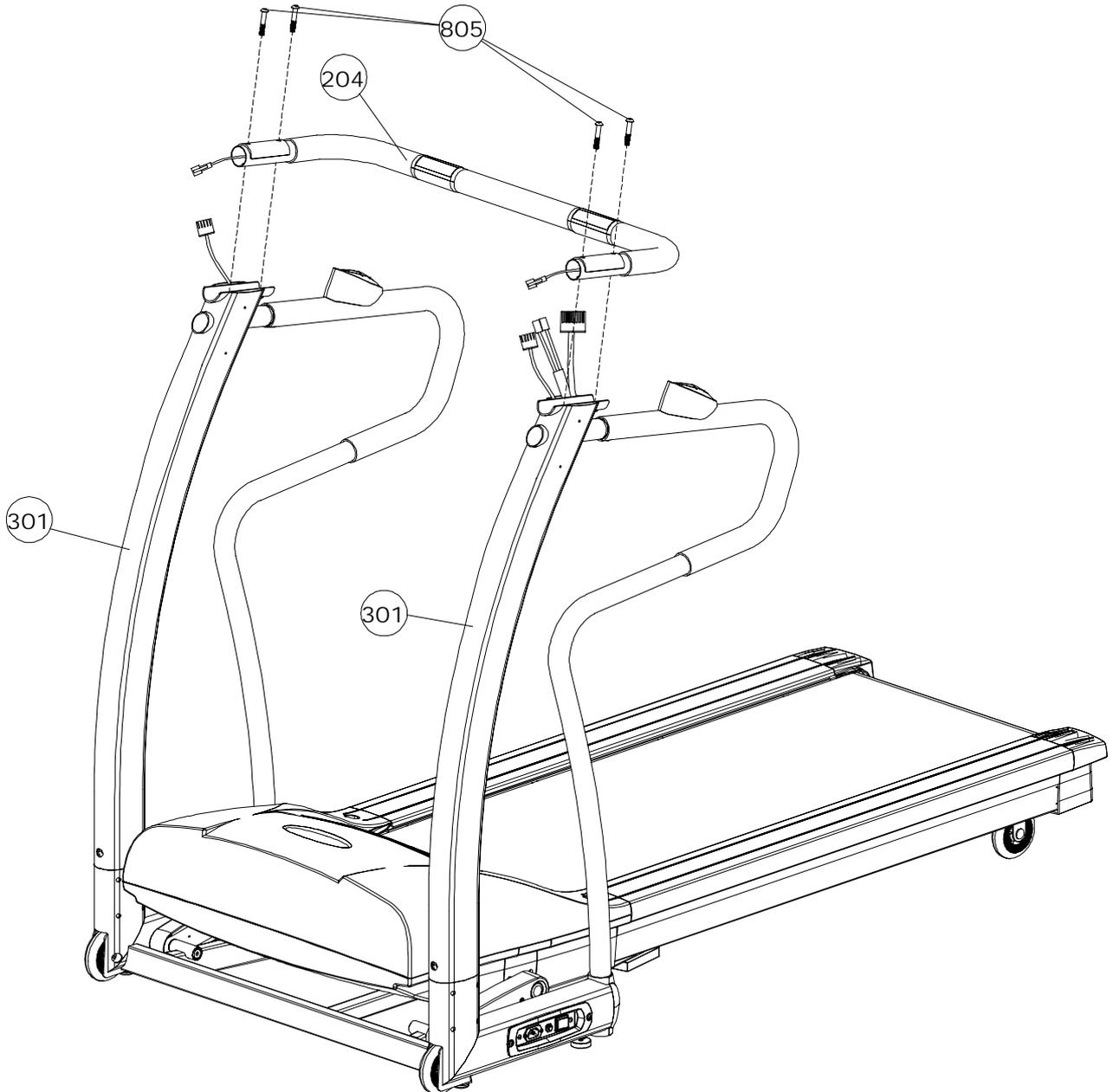
| 804 | **X2** |
| 805 | **X4** |
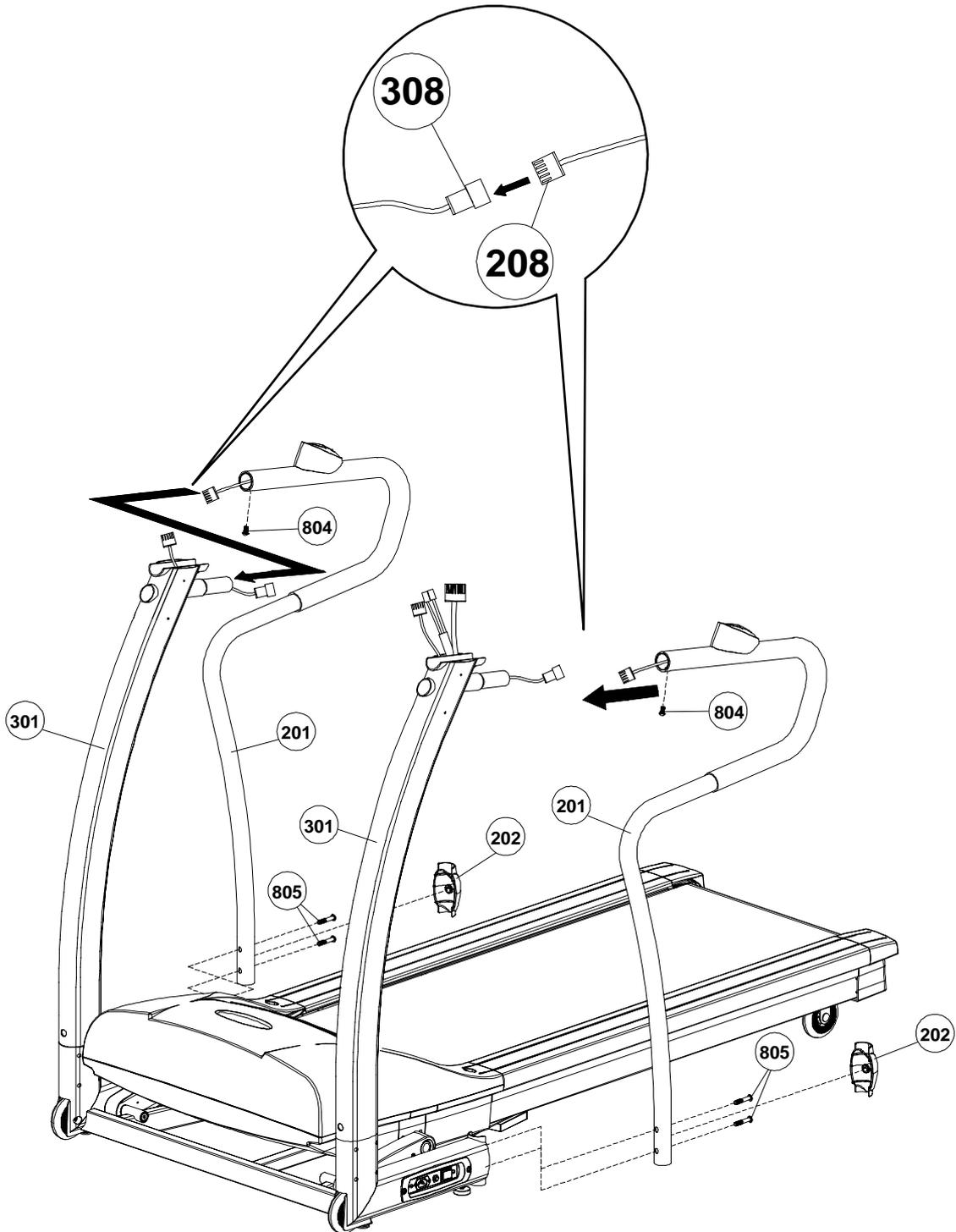
ASSEMBLY

STEP 3:

Attach the Front Handlebar (204) on the Upright Tube (301) and secure using four M8 x 50mm Bolts (805).

805 **X4**
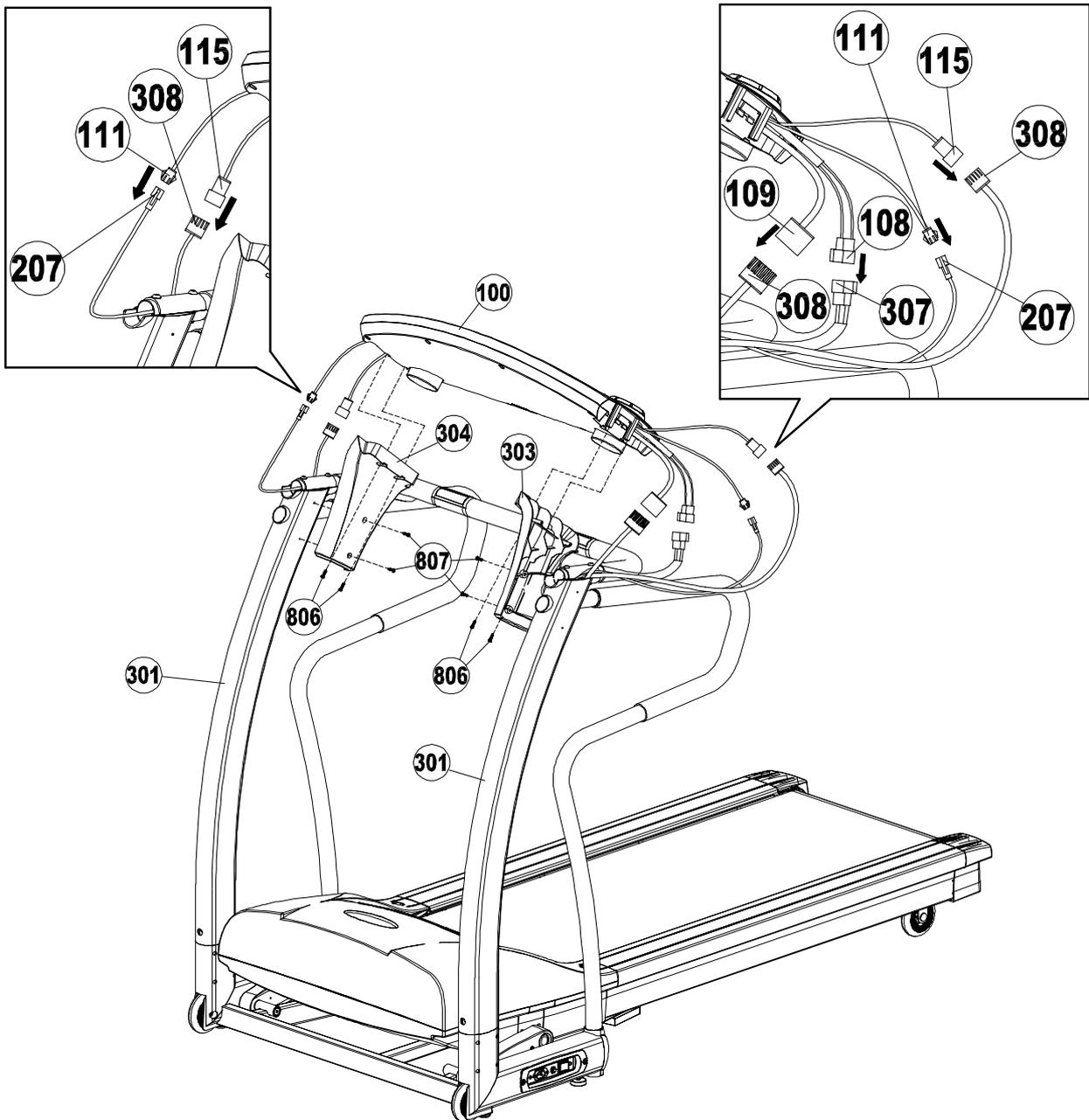
ASSEMBLY

STEP 4:

Connect the Upper Section Computer Wire (109) to the Middle Section Computer Wire (308) and the Upper Section Safety Key Wire (108) to the Middle Section Safety Key Wire (307).

Connect the Upper Section Hand Pulse Wires (111) to Lower Section Wires (207) and Upper Section Motion Control Wires (115) to Lower Section Wires (308) for each side.

Attach the Upright Cover RL (304) and Upright Cover LR (303). Secure using four #8 x 19mm Screws (806) and four #8 x 19mm Metal Screws (807). Fix the console (100) with 4 screws (806) to upright covers (304-305).
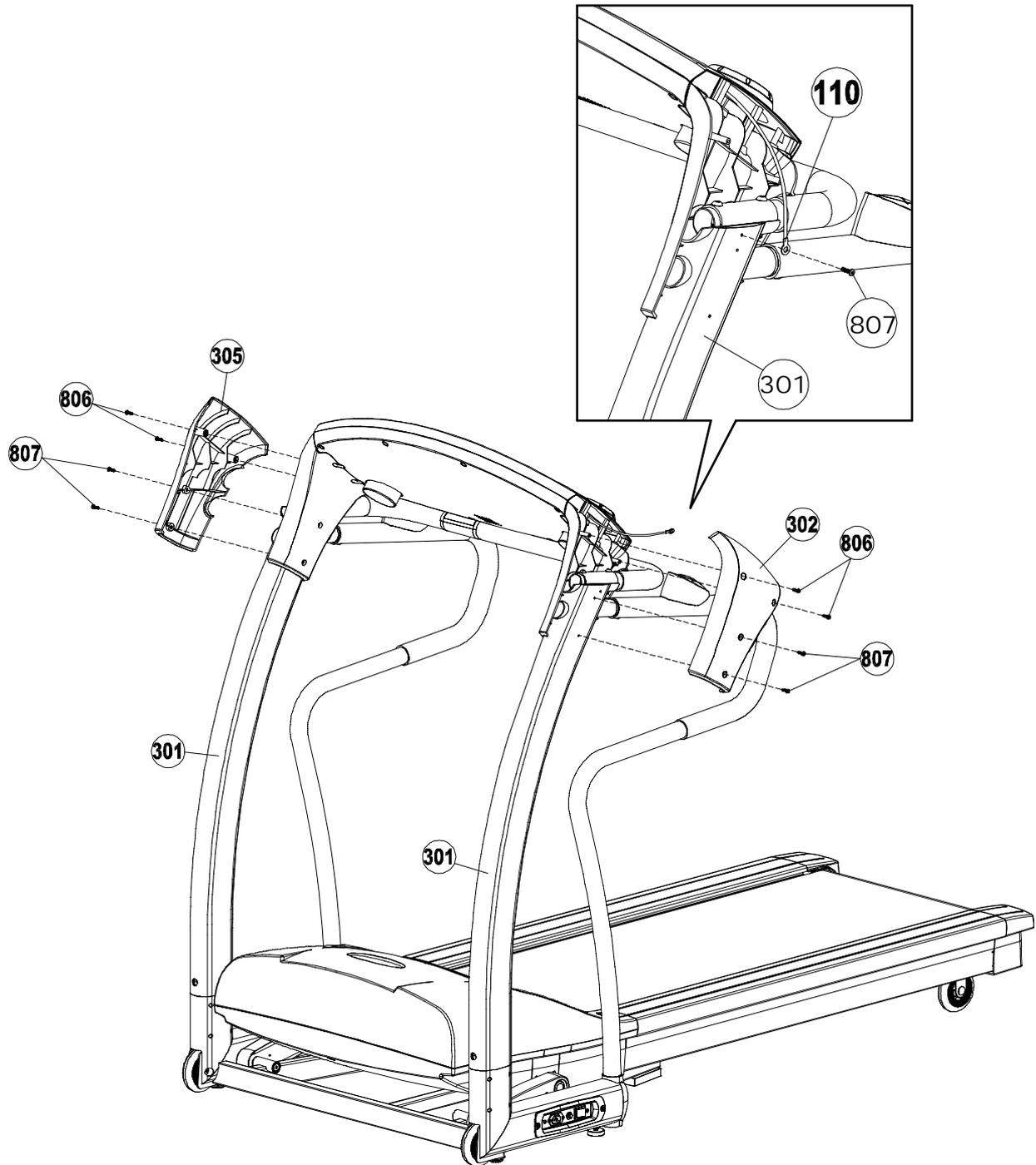
806 **X4**

807 **x4**

ASSEMBLY

STEP 5:

First Fix the Ground Wire (110) to the Upright Tube (301) and secure using one #8 x 19mm Metal Screws (807).

Attach the Upright Cover RR (305) and the Upright Cover LL (302) to the Upright Tube (301). Secure using four #8 x 19mm Screws (806) and four #8 x 19mm Metal Screws (807).
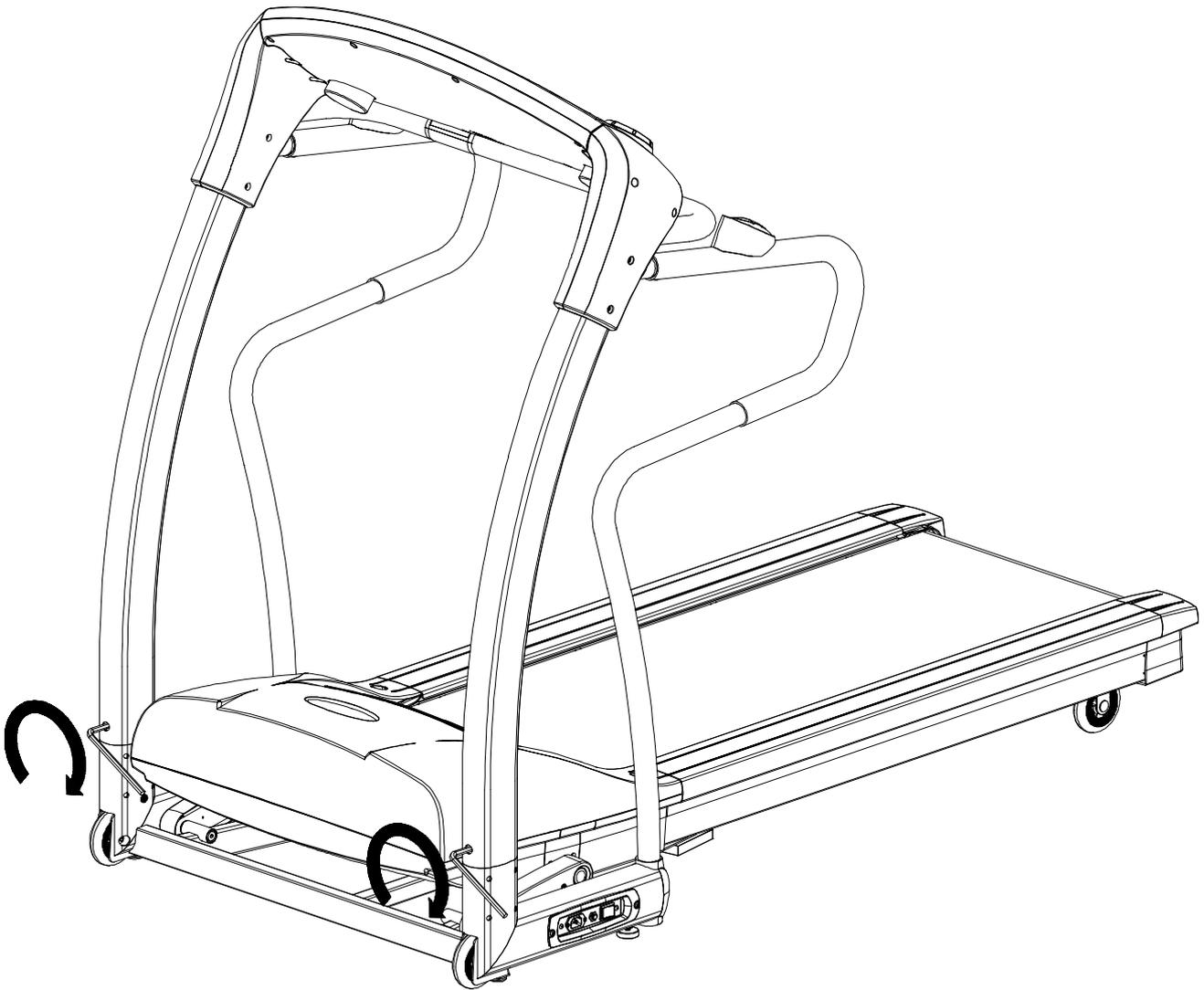
| 806 | x4 |
| 807 | X5 |

ASSEMBLY

STEP 6:

Secure by tightening the Fix Bolts Sets (412). The Fix Bolts Sets (412) are pre-assembled to the Base Frame (401) at the factory.


## ASSEMBLY

STABILIZER ADJUSTMENT

FOLLOW THESE INSTRUCTIONS TO LEVEL YOUR TREADMILL:

An uneven floor or improper stabilizer level can cause the treadmill to wobble during use as well as the incline adjustment to function incorrectly. Please follow the procedure described below to make sure the treadmill stabilizer is adjusted correctly prior to use. You may need the assistance of another person to perform this adjustment.

First locate the two adjustable stabilizers under the base frame. Then simply rotate them in or out to adjust the level of the treadmill. When properly adjusted the treadmill should sit firmly on both stabilizers and all cushions.
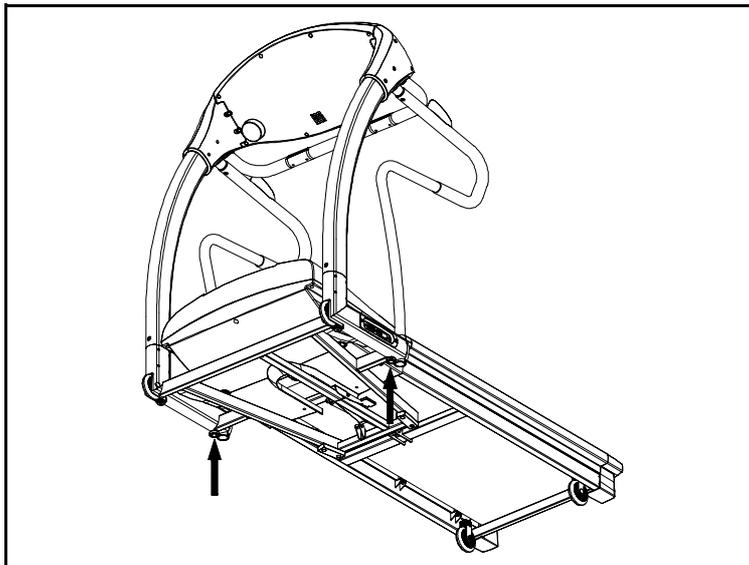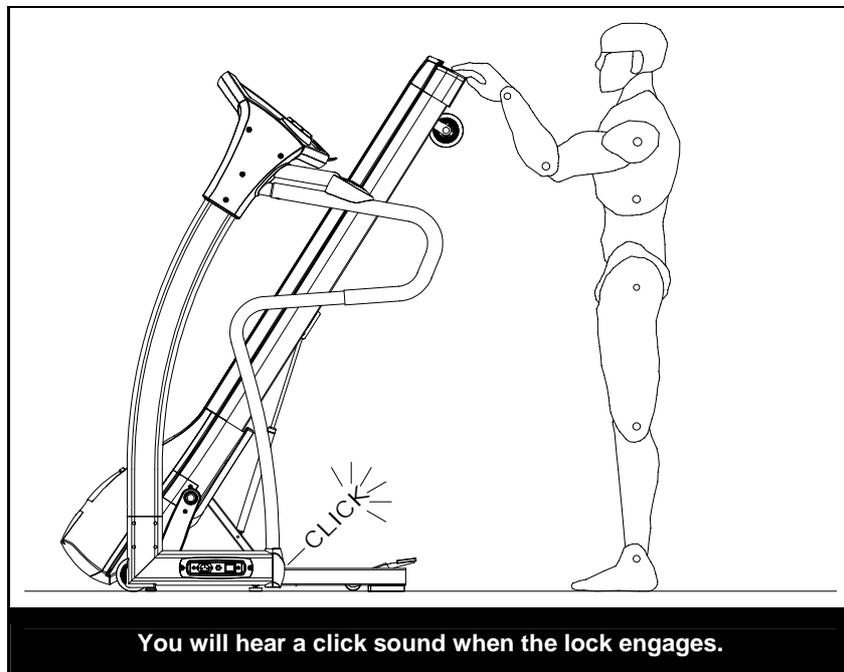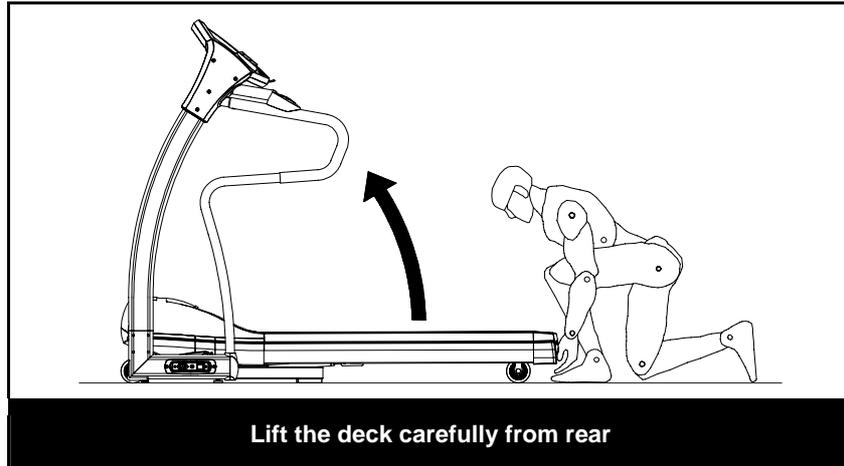

Locate the two adjustable stabilizers under the base frame.
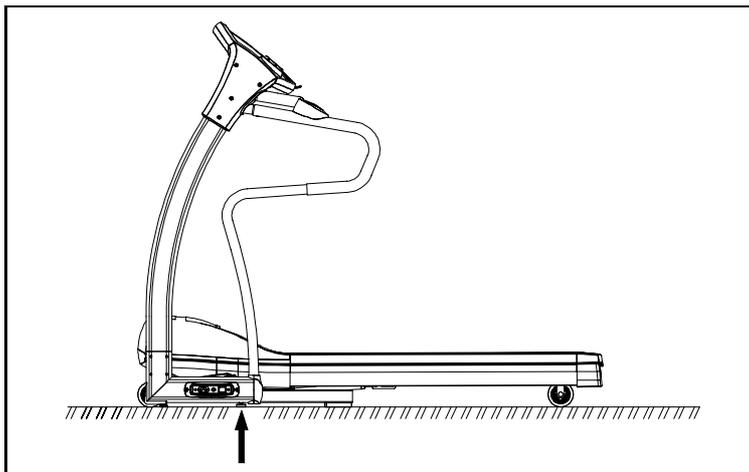
Treadmill should sit firmly on both stabilizers and all cushions.

FOLDING INSTRUCTIONS

How to fold treadmill:

Treadmill can be folded for space saving storage. To do this follow instructions here:

Lift the deck carefully from rear

You will hear a click sound when the lock engages.

UNFOLDING INSTRUCTIONS

How to unfold treadmill:

To unfold treadmill for use follow the instructions here:

Release Lever

Tip the release lever with your foot…

… and carefully let down the deck
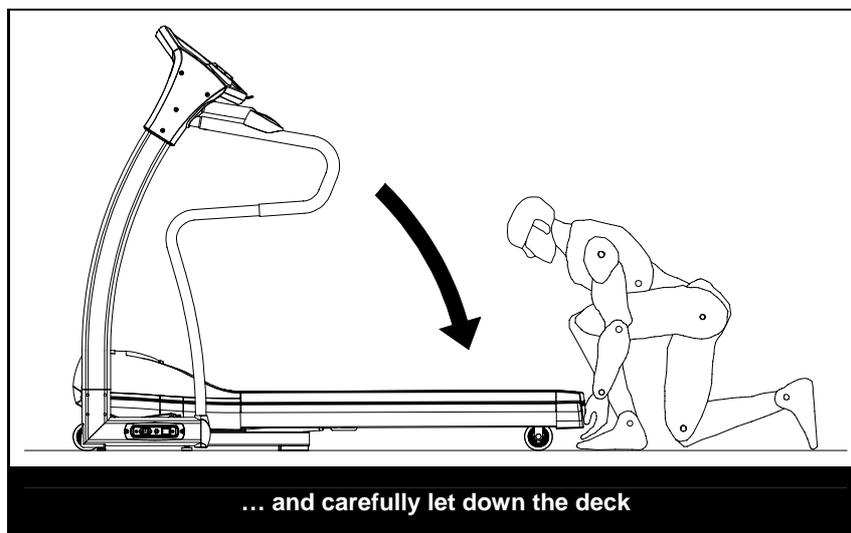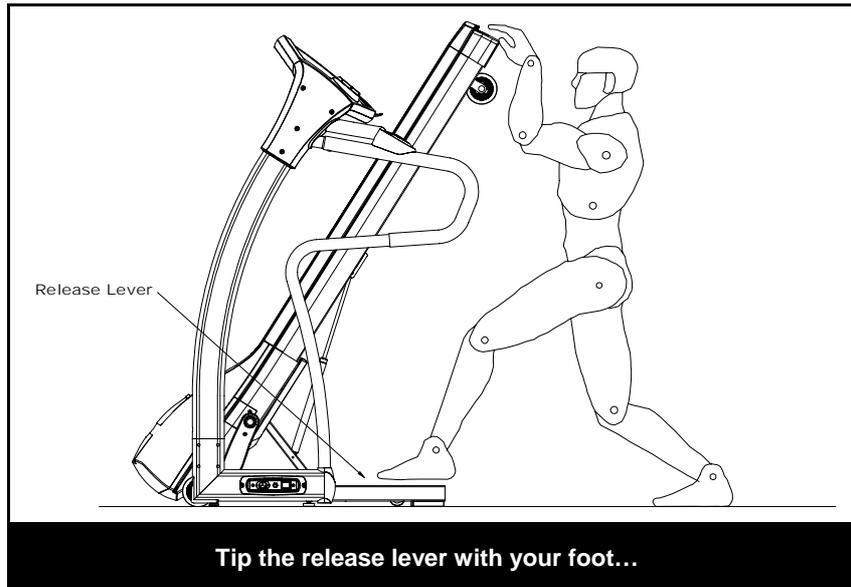
TRANSPORT INSTRUCTIONS

TRANSPORT INSTRUCTIONS:

To roll away for storage simply grab the rear deck, lift slightly and roll to desired location.
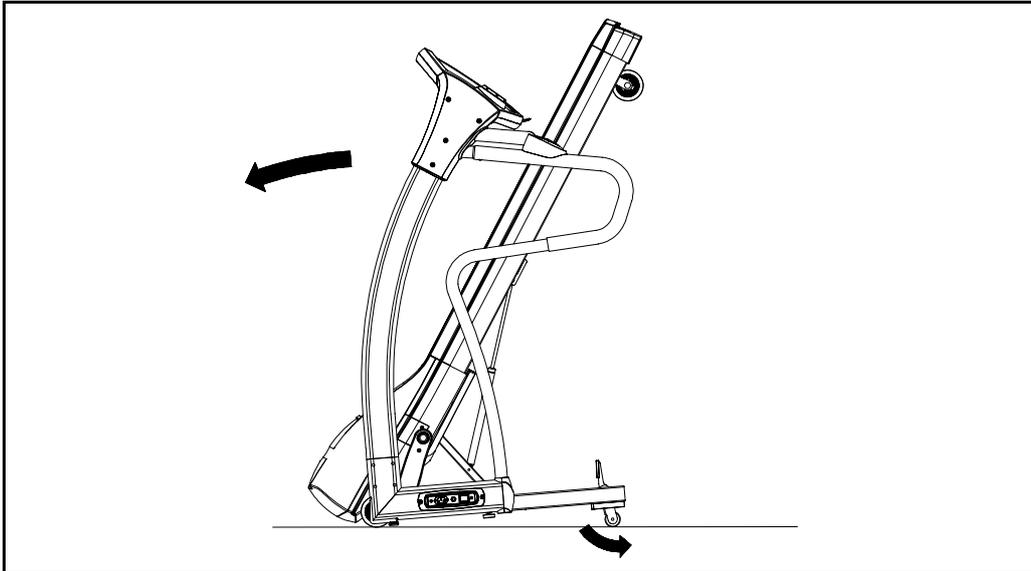
Lift the deck from the rear so that the treadmill rests on the front transportation wheels.

Roll to a desired location.

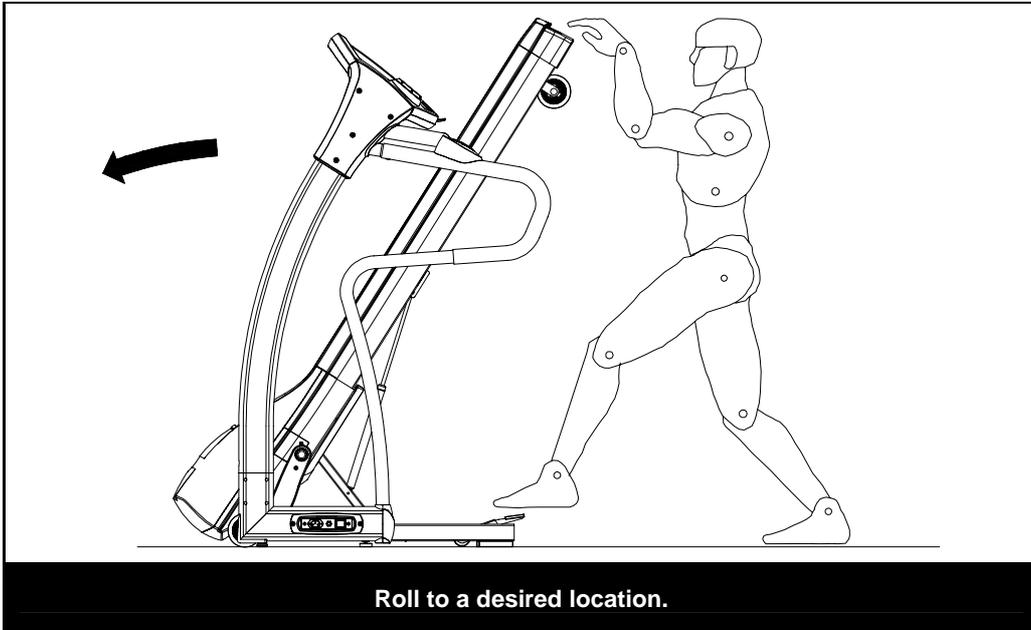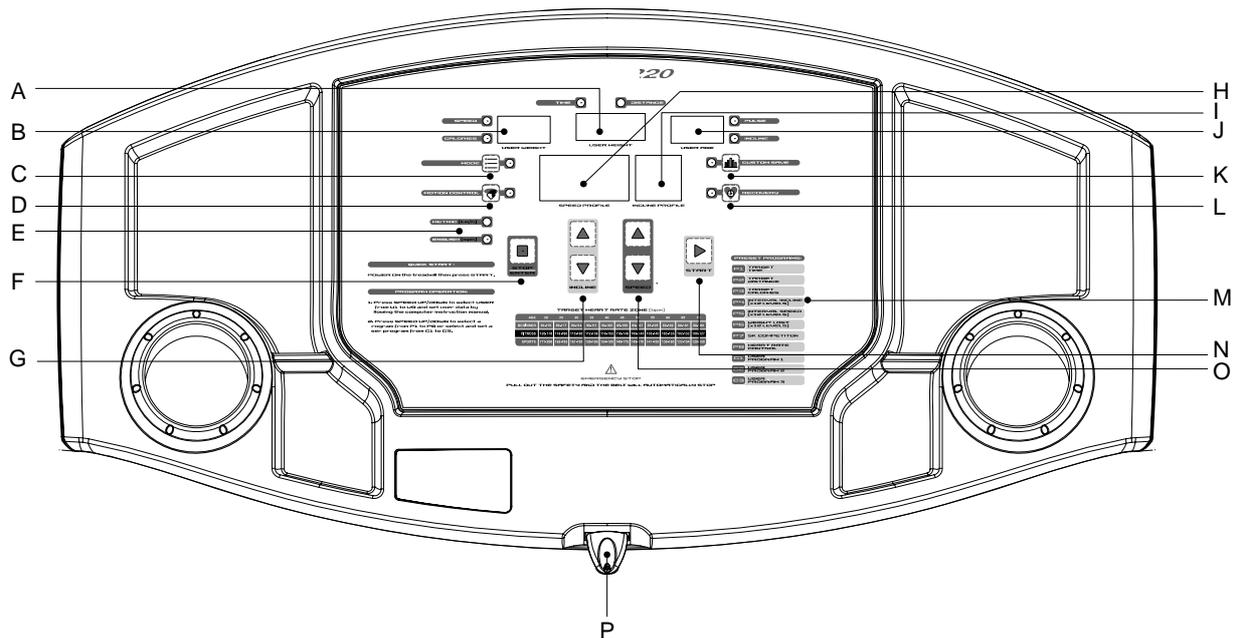| Time/Distance/Height	**A**	**B**	Speed/Calories/Weight
Mode	**C**	**D**	Motion Control On/Off
Metric/English	**E**	**F**	Stop/Enter
Incline Up/Down	**G**	**H**	Speed Profile
Incline Profile	**I**	**K**	Pulse/Incline/Age
Custom Program Save	**K**	**L**	Fitness-Test
Preset Programs	**M**	**N**	Start
Speed Up/Down	**O**	**P**	Safety Key

BUTTON FUNCTIONS:

START
Press to start exercise at an initial speed of 0.5 mph / 0.8 km/h.

STOP / ENTER
a. Press to confirm program and preset function values during setting mode.
b. Press to run setting procedure before pressing the START button.
c. Press to stop exercise during workout time.

Scan/Hold
Switches the LED window display information:
a. The computer has a factory setting that auto switches between TIME, SPEED, PULSE, DISTANCE, CALORIES and INCLINE LEVEL. Each value will be displayed for 10 seconds.
b. Press the MODE button once to display only TIME, SPEED and PULSE.
c. Press the MODE button a 2nd time to display only DISTANCE, CALORIES and INCLINE LEVEL.
d. Press the MODE button a 3rd time return to the auto switch display.

MOTION CONTROL
Press to activate the MOTION CONTROL function. Follow the MOTION CONTROL operating instructions for details.

COMPUTER OPERATION

CUSTOM PROGRAM
When selecting the custom program from C1 to C3, follow the instructions to press this button and save the program as your own custom workout program. Follow the C1-C3 CUSTOM PROGRAM operating instructions for details.

FITNESS-TEST
Press to start the Fitness-Test function to test your physical condition during a workout. Follow the Fitness-Test operating instructions for details.

SPEED UP / DOWN
a. Press to increase/decrease exercise speed by 0.1mph / km/h.
b. Hold the button to rapidly increase/decrease speed by 0.5mph / km/h per second. Release the button to stop the function.
c. Press to select programs and preset related function value.

INCLINE UP / DOWN
a. Press up or down to change incline level.

IMPORTANT INFORMATION:

SAFETY KEY
The safety key must be inserted into the slot on the console in order to operate the treadmill. Always insert the safety key and attach the clip to your clothing at your waist before beginning your workout. If you should encounter problems and need to stop the motor quickly, simply pull on the cord to disengage the safety key from the console. To continue operation first turn the power switch to OFF and set the speed controller to stop. Next turn the power switch to ON and reinsert the safety key into the console.

ENGLISH / METRIC CONVERSION
The treadmill computer display can show METRIC and ENGLISH information. This should be preset for your area by the factory. However, in case the treadmill needs to be converted between METRIC and ENGLISH readout, please follow the procedure below:

Set the POWER SWITCH to ON. Press the START button on the computer and hold it. Insert the SAFETY KEY then release the START button. The computer will sound one short beep. Press the START button to switch between ENGLISH and METRIC and press STOP/ENTER button to confirm the setting. The computer will sound a long beep and will return to the POWER ON mode with the new setting.

POWER ON
Set the POWER SWITCH, located on the base frame, to ON and insert the SAFETY KEY. All LED windows light up with a short beep sound. "U1" displays in the LAP window, SPEED/CALORIES displays the user weight factory setting value "150"lbs or "68"kg, TIME/DISTANCE displays the user height factory setting value "67"inches or "170"cm, and PULSE/INCLINE displays the user age factory setting value "35". If there is any user information that has been input and saved, all LED windows will display the information from the last input user information. If no further button inputs are made within 3 minutes, the computer will enter the SLEEP MODE. Press any button to return to the POWER ON mode.
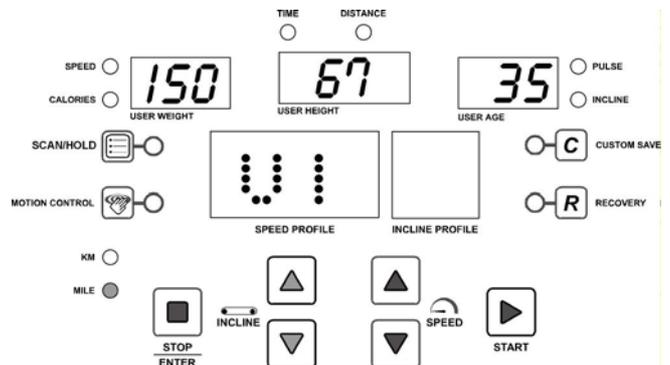
SLEEP / DISPLAY MODE
When the power is ON the computer will automatically enter SLEEP MODE if it is left idle for 3 minutes without receiving any input. Press any button to return to POWER ON status when the computer is in the SLEEP MODE.

To cancel the SLEEP MODE feature using the DISPLAY MODE and always keep the console display on, pull out the safety key, press and hold the SPEED UP and DOWN buttons, insert the safety key to power on the treadmill. After one short beep sound the PULSE LED window will show "1". Press the START button then TIME LED window will show "ON" (SLEEP MODE feature on) or "OFF" (SLEEP MODE feature off). Press the INCLINE UP and DOWN buttons to switch between "ON" and "OFF" then press STOP/ENTER to save the setting and return to POWER ON mode.

COMPUTER OPERATION

OPERATING INSTRUCTIONS:

QUICK START
When the treadmill is in POWER ON status, press the START button to activate the QUICK START program. The SPEED LED will count down 3 seconds with 3 short beep sounds then start from 0.5 mph / 0.8 km/h. Press the SPEED UP/DOWN buttons to change the speed. Press the INCLINE UP/DOWN buttons to elevate the treadmill. The TIME, CALORIES and DISTANCE will count up from 0.

PAUSE / STOP
During the workout press the STOP/ENTER button once to pause the treadmill. Press the STOP/ENTER button twice to delete all workout data and return to POWER ON status.

COOL DOWN
After completion of each program the TIME LED window will show "COOL" and blink then start a one-minute cool down procedure. Time counts down from 01:00 to 00:00 and speed stays at 2 mph / 3.2 km/h and the incline level stays at level 0. After the time counts down to 00:00 the belt stops and returns to PAUSE/STOP status. Press the STOP/ENTER button to return to POWER ON status. To escape the cool down procedure press the STOP/ENTER button once anytime during the process to enter the PAUSE/STOP status and press the STOP/ENTER button again to enter the POWER ON status.
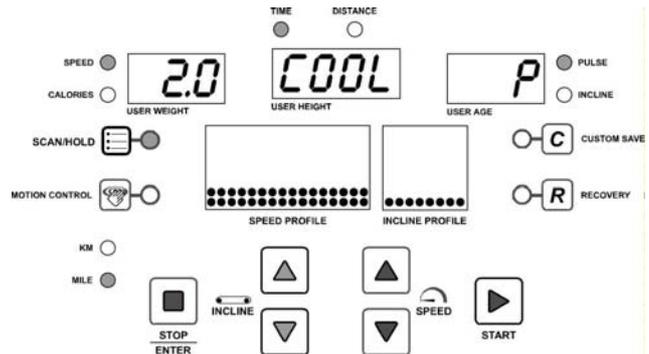
FITNESS-TEST
The Fitness-Test function is the feature to let the user test their physical condition during a workout. The fitness rating is determined by measuring how quickly the user's pulse slows down and with that measuring the user physical condition. The faster the pulse slows down, the better the user's physical condition. User's can record their fitness rating to use for reference. To start the Fitness-Test, press the "Fitness-Test" button toward the end of a workout (while your pulse is still under trainings load). The treadmill will enter the PAUSE/STOP status. Put both hands on the hand pulse sensors within 10 seconds (for models equipped with a chest belt pulse transmitter, keep the chest belt on, no need to hold the hand pulse). The pulse receiver will scan and detect the user's pulse in 10 seconds and enter the Fitness-Test function. TIME counts down from 01:00 to 00:00. After the count-down the SPEED LED window will show the Fitness rating (1-6). The lower the number the better your fitness. Record the rating for future comparison. After completion of the Fitness-Test (1 minute) the training can be resumed by pressing the START button.

During the Fitness-Test, if you want to stop the function and stop workout, press the STOP/ENTER button and return to POWER ON status.

During the Fitness-Test, if you want to continue the previous program, press the START button to continue the previous program.

After pressing the Fitness-Test button, if the pulse receiver fails to scan and receive the user's pulse the computer will stay at PAUSE/STOP status. Press the STOP/ENTER button to return to POWER ON status or press the START button to continue the previous program.

The Fitness-Test cannot be activated while in the COOL DOWN

COMPUTER OPERATION:
Before selecting the program, a user ID needs to be selected. For the first time user, please set up the user information and assign your USER ID from **U 1** to **U 9**. Press the SPEED UP/DOWN buttons to select the user ID when the computer is in POWER ON mode.

SET UP USER INFORMATION
After selecting the USER ID the SPEED LED window will show the previous setting for user body weight or the factory setting value of **"150"** lbs or **"68"** kg and be blinking. Press the SPEED UP/DOWN buttons to set the user height then press the STOP/ENTER button to confirm and save.

After setting the user height the TIME LED window will show the previous setting for user height or the factory setting value of **"67"** inches or **"170"** cm and be blinking. Press the SPEED UP/DOWN buttons to set the user body weight then press the STOP/ENTER button to confirm and save.

After setting the user weight the PULSE LED window will show the previous setting for user age or the factory setting value of **"35"** and be blinking. Press the SPEED UP/DWON buttons to set the user age then press the STOP/ENTER button to confirm and save.

COMPUTER OPERATION

SELECT OPERATING PROGRAM
After completing the user information set up the SPEED PROFILE LED window will show "**P1**". Press the SPEED UP/DOWN buttons to select a P1 – P8 program or C1-C3 user program then press the STOP/ENTER button to confirm. Prior to starting the selected program, follow the procedure to operate the different programs as below:

PROGRAM 1 – TARGET TIME
If P1 is selected, the TIME LED window shows "30:00" as the preset workout time. Press the SPEED UP/DOWN buttons to set target workout time. Press the STOP/ENTER button to save the target time and press the START button to start the program. Speed starts from 2.0 mph / 3.2 km/h. Incline starts from level 0. Press the SPEED UP/DOWN buttons to adjust the speed and press the INCLINE UP/DOWN buttons to adjust the incline level. TIME counts down from the target time to zero.
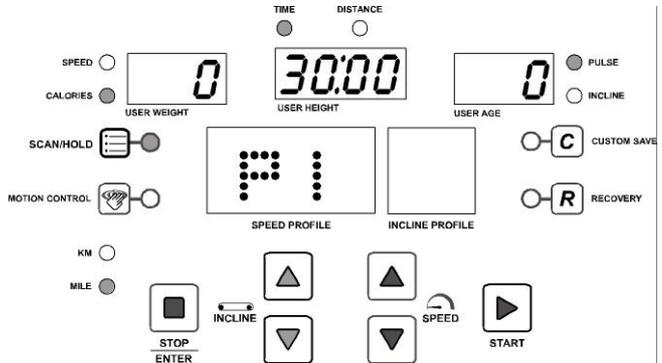
PROGRAM 2 – TARGET DISTANCE
If P2 is selected, the DISTANCE LED window shows "0.00". Press the SPEED UP/DOWN buttons to set the target distance. Press the STOP/ENTER button to save the target distance and press the START button to start the program. Speed starts from 2.0 mph /3.2 km/h. Incline starts from level 0. Press the SPEED UP/DOWN buttons to adjust the speed and press the INCLINE UP/DOWN buttons to adjust the incline level. DISTANCE counts down from the target distance.
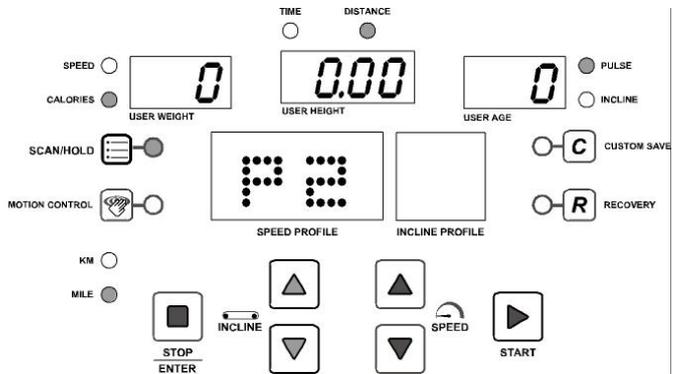
PROGRAM 3 – TARGET CALORIES
If P3 is selected, the CALORIES LED window shows "**0**". Press the SPEED UP/DOWN buttons to set the target calories. Press the STOP/ENTER button to save the target calories and press the START button to start the program. Speed starts from 2.0 mph /3.2 km/h. Incline starts from level 0. Press the SPEED UP/DOWN buttons to adjust the speed and press the INCLINE UP/DOWN buttons to adjust the incline level. CALORIES count down from the target calories.
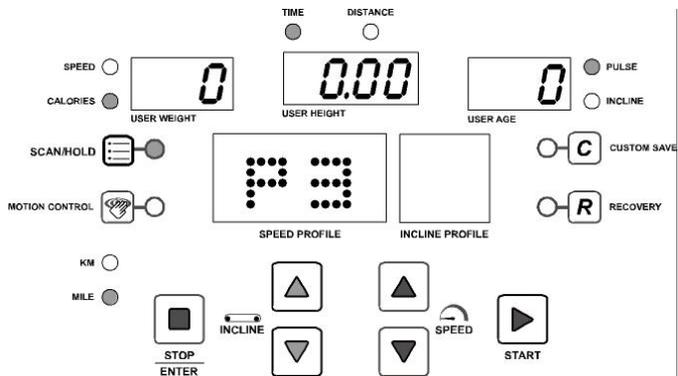
COMPUTER OPERATION

PROGRAM 4 – INTERVAL INCLINE

If P4 is selected, the TIME LED window shows the factory setting value "24:00" and the PULSE/INCLINE LED window shows a blinking "L 1". Press the SPEED UP/DOWN buttons to select the intensity of workout from L1 to L12 then press the STOP/ENTER button. The TME LED window shows a blinking "24:00". Press the SPEED UP/DOWN buttons to adjust the workout time. Every adjustable section is 4 minutes. Press the STOP/ENTER button to save the setting then press the START button to start the program. The incline level will be changed by the computer following the factory setting pattern. Press the SPEED UP/DOWN buttons to adjust the speed.
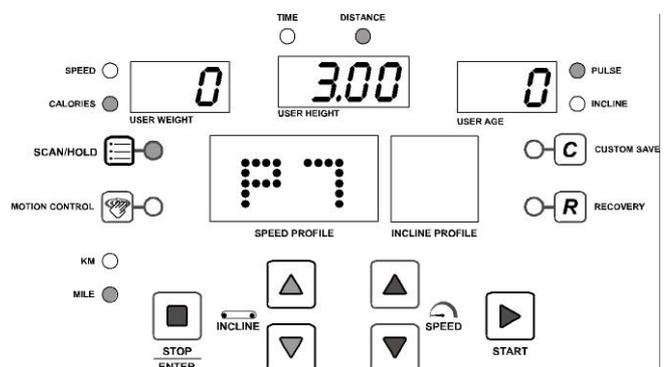
PROGRAM 5 – INTERVAL SPEED

If P5 is selected, the TIME LED window shows the factory setting value "24:00" and the PULSE/INCLINE LED window shows a blinking "L 1". Press the SPEED UP/DOWN buttons to select the intensity of workout from L1 to L12 then press the STOP/ENTER button. The TME LED window shows a blinking "24:00". Press the SPEED UP/DOWN buttons to adjust the workout time. Every adjustable section is 4 minutes. Press the STOP/ENTER button to save the setting then press the START button to start the program. The speed will be changed by the computer following the factory setting pattern. Press the INCLINE UP/DOWN buttons to adjust the incline level.
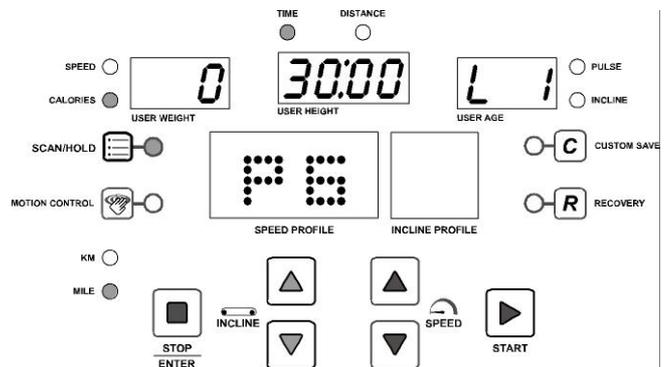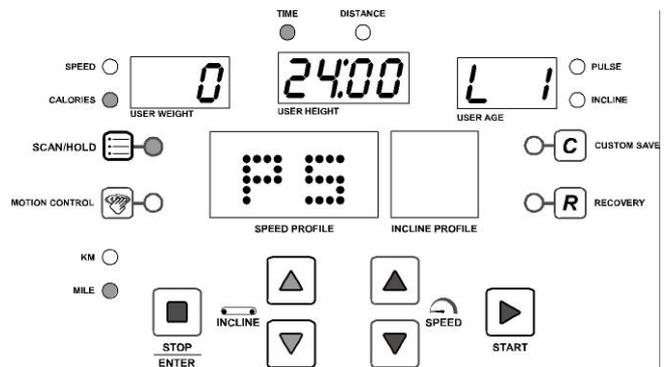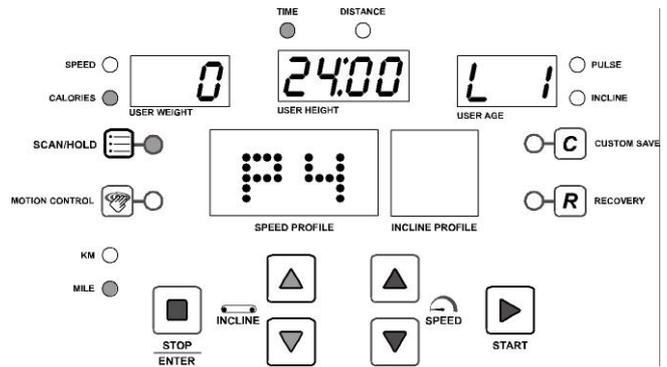
PROGRAM 6 – WEIGHT LOST

If P6 is selected, the TIME LED window shows the factory setting value "30:00" and the PULSE/INCLINE LED window shows a blinking "L 1". Press the SPEED UP/DOWN buttons to select the intensity of workout from L1 to L12 then press the STOP/ENTER button. The TME LED window shows a blinking "30:00". Press the SPEED UP/DOWN buttons to adjust the workout time. Every adjustable section is 5 minutes. Press the STOP/ENTER button to save the setting then press the START button to start the program. The speed and incline level will be changed by the computer following the factory setting pattern.

### PROGRAM 7 – 5K SELF LEARING AND COMPETITION

If P7 is selected, the DISTANCE LED window shows "3" miles or "5" km. Press the START button to start the program. Press the SPEED UP/DOWN buttons to adjust the speed and press the INCLINE UP/DOWN buttons to adjust the incline level.

COMPUTER OPERATION

PROGRAM 8 – HEART RATE CONTROL
If P8 is selected, the TIME LED window shows the factory setting value of "60:00" and is blinking. Press the SPEED UP/DOWN buttons to adjust the workout time. Every adjustable section equals 3 minutes. Press the STOP/ENTER button to save the setting then the TARGET HEART RATE displays in the PULSE LED window and is blinking**. The factory TARGET HEART RATE setting is based on 85% of the maximum user heart rate. The maximum user heart rate is calculated using the formula: 220 minus the user age. As an example, for age 35 the maximum user heart rate should be 185 and 85% of the maximum user heart rate will be 157**. Press the SPEED UP/DOWN buttons to adjust the TARGET HEART RATE according to your own physical condition or your doctor's instruction then press the STOP/ENTER buttons to save the setting.
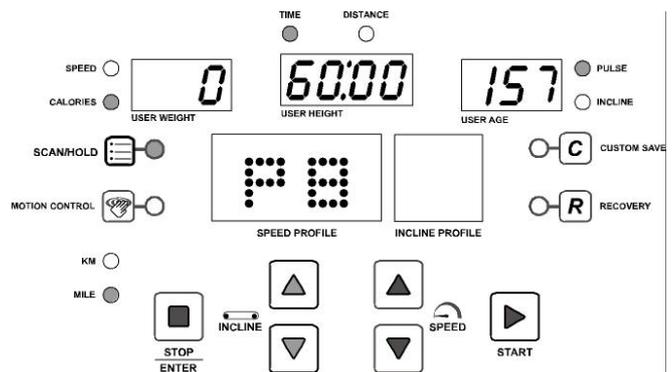
Press the START button to start the three minute WARM UP program. Speed starts from 2.0 mph /3.2 km/h and the INCLINE LEVEL starts from level 0. Keep your hand on the hand pulse grips all the time during this workout in order to monitor your pulse correctly. During the program, if the heart rate monitor fails to sense the user's pulse you will see "**P**" blinking in the PULSE LED window. If the heart rate monitor senses the pulse properly the PULSE DOT LED blinks and the correct pulse readout shows on the PULSE LED window. The computer will sense the user's pulse every 30 seconds. During the warm up program you can press the STOP/ENTER button to pause or stop the program or press the START button to re-start the program. Other buttons will not react during this warm up process.

During the warm up program, if the heart rate monitor fails to sense the user's pulse (the PULSE LED will display a blinking "**P**") the computer will not change the speed. If the heart rate monitor senses the user's pulse properly but the actual user's pulse does not reach 65% of the max. heart rate ((220-age) x 65%) then the speed will increase by 0.5 mph /0.8 km/h every 30 seconds. If the actual pulse reaches 65% of the max. heart rate the speed will remain unchanged. If the actual pulse remains at 65% of the max. heart rate for more than one minute the speed will be maintained until the warm up program is finished.

If the actual user's pulse fails to reach 65% of the max. heart rate within the first 3 minutes of the warm up program, the computer will continue a second 3 minute warm up program. All workout information continues to count up and the timer counts down from 3:00. During the second 3 minute warm up the computer will change the incline level instead of the speed. If the heart rate monitor fails to sense the user's pulse (the PULSE LED will display a blinking "**P**") the computer will not change the incline level. If heart rate monitor senses the user's pulse properly but the actual user's pulse does not reach 65% of the max. heart rate ((220-age) x 65%) then the incline level will be increased by 1 level every 30 seconds. If the actual pulse reaches 65% of the max. heart rate the incline level will remain unchanged. If the actual pulse remains at 65% of the max. heart rate for more than one minute the speed will be maintained until the warm up program is finished.

If the actual user's pulse fails to reach 65% of the max. heart rate within the second 3 minute warm up, the computer will continue a third 3 minute warm up program. All workout information continues to count up and the timer counts down from 3:00. During the third 3 minute warm up both speed and incline remain unchanged regardless the actual pulse. If the time counts down to 0 and 65% of the max. heart rate still cannot be achieved then the TIME LED will show "FAIL" and the program will stop and return to POWER ON status**.**

After the warm up program is completed, if the actual pulse reaches 65% of the max. heart rate, the computer will enter the HEART RATE CONTROL program. TIME counts down from the previous setting. Distance and Calories continue to count up from the warm up program. During the HEART RATE CONTROL program the heart rate monitor will sense the actual user's pulse every 30 seconds. If the actual user's pulse does not reach 85% of the max. heart rate then the incline level will be increased by 1 level every 30 seconds. If the actual user's pulse reaches 85% of the max. heart rate then the treadmill performance will be remain unchanged. If the actual user's pulse is greater than 85% of the max. heart rate, the incline level will be reduced by 1 level. Speed will remain unchanged until the incline level increases up to 15% or down to 0%. If the incline level is up to 15% and 85% of the max. heart rate still cannot be reached then the speed will be increased by 0.5 mph /0.8 km/h every 30 seconds. If the incline level decreases down to 0% and the actual user's pulse is still greater than 85% of the max. heart rate then the speed will be decreased by 0.5 mph /0.8 km/h every 30 seconds.

If the actual user's pulse remains above 85% of the max. heart rate for more than 3 minutes the HEART RATE CONTROL program will shut down and enter a one minute COOL DOWN program.

COMPUTER OPERATION

When the TIME counts down to 0, the HEART RATE CONTROL program is completed and the computer enters a one-minute COOL DOWN program.

After the COOL DOWN program the computer will return to POWER ON status.

The purpose of HEART RATE CONTROL program is to keep the user's pulse between 65% of the max. heart rate and 85% of the max. heart rate to achieve the most efficient workout result.

C1 – C3 CUSTOM PROGRAM (USER PROGRAM)
The program can allow 3 custom programs to be set by users and store the settings for repeated workouts. The maximum workout time of each user program is 60 minutes. During the workout after the TIME counts up to 60:00, the treadmill will start a one-minute cool down procedure automatically. To set and store the user programs, please follow the procedure below:

SET AND SAVE THE USER PROGRAM
Select between C1 to C3 and press the STOP/ENTER button to enter the user program then press the START button. Speed starts at 3.2 km/h / 2.0 mph and the incline level starts at level 0. Each section of SPEED/INCLINE is one minute. Press the SPEED UP/DOWN buttons to change the speed and press the INCLINE UP/DOWN buttons to change the incline during the workout. The computer will take the actual speed and incline level at the last second of each minute section and temporary save as the speed and incline level of that minute section. Continue the workout until you want to stop. Press the STOP/ENTER button to enter the one-minute cool down session. The computer will automatically enter the save program status after the one-minute cool down session. If you want to skip the cool down procedure, press the STOP/ENTER button to enter the save program status.
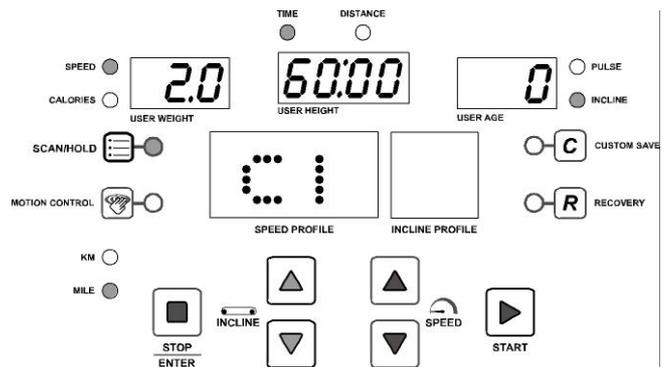
When the computer is in save program status, the "CUSTOM SAVE" button will blink slowly. Press the button to save this program or press the STOP/ENTER button to delete the program and return to POWER ON status.

EDIT PREVIOUS SAVED PROGRAM
Edit the Speed and Incline without extending the previously saved workout time:
Simply press the SPEED UP/DOWN and INCLINE UP/DOWN buttons to change the speed and incline level during the workout then follow the SET AND SAVE procedure after completing the workou**t.**

Extend the workout time from the previously saved program:
If you want to extend the total workout time from the previously saved program press the START button anytime during the workout. The LED of the CUSTOM SAVE button will light up and blink for 10 seconds then stay lit up. After completing the previously saved program the treadmill will start a one-minute cool down session. Press the START button again during the cool down session and the treadmill will skip the cool down procedure and continue running at a speed of 3.2 km/h / 2.0 mph and incline of level 0. Press the SPEED UP/DOWN and INCLINE UP/DOWN buttons for every minute section then follow the SET AND SAVE procedure after completing the workout.

If you already press the START button once during the workout and intend to extend the workout time but decide not to extend the workout time, press the START button again to switch off the LED light of CUSTOM SAVE button. Or wait till the previous saved program complete and complete the cool down procedure then follow the SET AND SAVE procedure.

COMPUTER OPERATION

USING THE CHEST BELT HEART RATE MONITOR (optional feature dependant on model purchased):
For proper operation, the chest belt should be worn across the front of your body just below the chest line as shown in the drawing. To ensure a proper operation the chest belt needs to be moisturized, please make the 2 rubber pads under the chest belt wet prior to exercising.
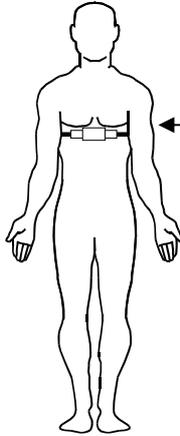
Strap chest belt across the front below the chest line.

MOTION CONTROL OPERATION

MOTION CONTROL:

Walking belt speed can be increased, decreased or stopped using the Motion Control sensors on the handlebars. To do this follow the instructions below:

1. Press the [icon] button on the console to switch the motion control function on and off:

-   When the LED light is **ON** the MOTION CONTROL is **active**.
-   When the LED light is **OFF** the MOTION CONTROL is **off**.

2. After switching on the MOTION CONTROL wave your right hand approximately 6 inches above the motion sensor on the right handle bar to increase the speed. The sensor will sound one short BEEP per scan and speed up by 0.1 MPH per BEEP. Holding your right hand approximately 6 inches above the right sensor constantly results in the sensor sounding one long BEEP per second and speeding up by 0.5 MPH per second.

2. Use right sensor to speed up.

3. Wave you left hand approximately 6 inches above the motion sensor on the left handle bar to decrease the speed. The sensor will sound one short BEEP per scan and decrease speed by 0.1 MPH. Holding your left hand approximately 6 inches above the left sensor constantly results in the sensor sounding one long BEEP per second and decreasing speed by 0.5 MPH per second.

3. Use left sensor to slow down.

4. Wave both hands approximately 6 inches above both motion sensors at the same time. The sensor will sound two short BEEP sounds then stop the belt.

-   **Always switch off the motion control function by pressing the [icon] MOTION CONTROL button on the console before turning off the power to the treadmill.**

4. Use both sensors to stop belt.

MAINTAINENCE

HOW TO MAINTAIN THE TREADMILL:

Proper maintenance is very important to ensure your treadmill is always in top working condition. Improper maintenance could cause damage or shorten the life of your treadmill and exceed the LIMITED WARRANTY coverage.
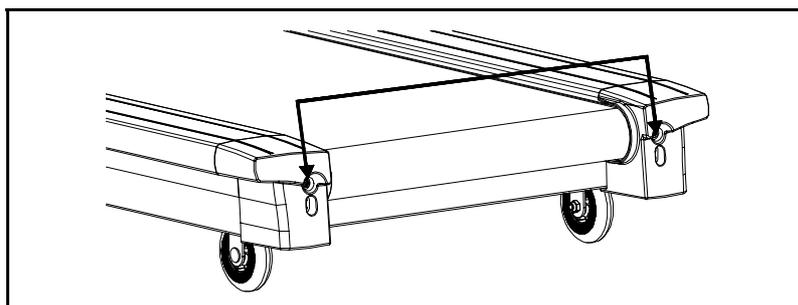
- **Important**: Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

- Inspect and tighten all parts of the treadmill regularly. Replace any worn parts immediately.

BELT ADJUSTMENT:

Belt adjustment and tension performs two functions: adjustment for tension and centering. The running belt has been adjusted properly at the factory. However transportation, uneven flooring or other unpredicted reasons could cause the belt to shift off center resulting in the belt rubbing with the plastic side rail or end caps and possibly causing damage. To adjust the belt back to it's proper position please follow the directions below:

- **Walking belt has shifted to the left**: First unplug the power cord from the surge protector. Using the hex key provided, turn the left rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.

- **Walking belt has shifted to the right:** First unplug the power cord from the surge protector. Using the hex key provided, turn the right rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.

- **Walking belt is slipping**: First unplug the power cord from the surge protector. Using the hex key provided, turn both the left and right rear roller adjustment bolts the same distance, usually a 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should now walk on the belt to determine if the belt is still slipping. Repeat the above procedure until the walking belt is not slipping. The tension should be just tight enough not to slip.

WARNING! Do not over tighten rollers! This will cause premature roller bearing failure!

Right and left tension bolts are located at the rear of the treadmill.

MAINTAINENCE

CLEANING:

Routine cleaning of your treadmill will extend the product's life.

- **Warning**: To prevent electrical shock, be sure the power to the treadmill is OFF and the power cord is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.

- **Important**: Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

- **After each workout**: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration.

- **Weekly**: Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum underneath treadmill once a week.

DECK LUBRICATION:

The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance. Your treadmill should not have to be lubricated usually within the first 400 hours of use.

Every 2 months of operation lift the sides of the walking belt and feel the top surface of the walking board as far as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below.

Please use Lube 'N Walk (can be purchased from your dealer or call the number on the front of the manual), or a non-petroleum based silicone such as "Napa 8300" (available at most stores).

To apply lubricant to the walking belt:

1. Position the walking belt so that the seam is located on top and in center of the walking board.

2. Insert the spray nozzle into the spray head of the lubricant can.

3. While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 6" from the front of the treadmill. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 4 seconds on each side.

4. Allow the silicone to "set" for 1 minute before using the treadmill.
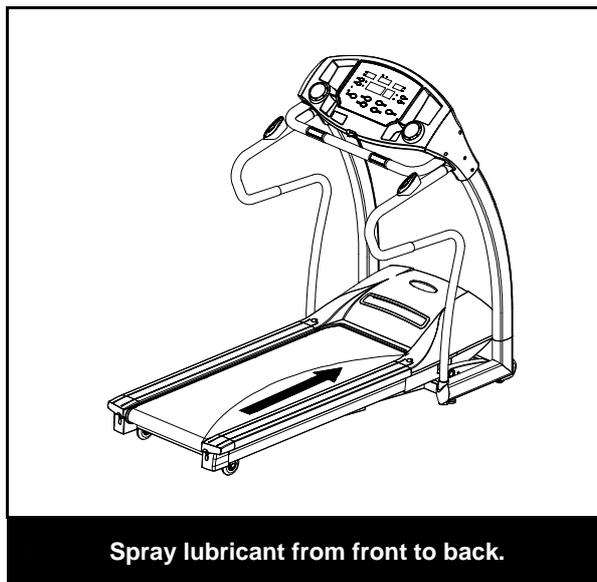
Spray lubricant from front to back.

WARRANTY

Read and follow the Assembly-instructions and the User's-Manual before using this product.

Warranty Coverage: Smooth Fitness GmbH ("Smooth Fitness") warrants to the original owner that each new product to be free from defects in workmanship and material.

This warranty is limited on home use only.

Period of Coverage: The Home-Use-Warranty on this product runs from the date of original purchase using the following schedule:

Frame	Drive Motor	Electronics	Parts	Labor
Lifetime	10 years	2 years	2 years	2 years

- Smooth Fitness will provide a replacement part free of charge if a defect is found during the Warranty period of 2 years.
- Smooth Fitness reserves the right to inspect damaged parts for misuse

It is required to show a proof of purchase prior to warranty service being initiated. Your Original Receipt is proof of purchase and should be kept with the product manual.

As a matter of course we will be available and open for all your problems even when the warranty has already expired. Simply call the service number down below.

Any redemption may be by repair or replacement of the affected parts and/or product at the sole discretion of Smooth Fitness, and it's authorized Service Partners. If repairs are required, the unit will be repaired at the location of use or by return to the factory as deemed appropriate by Smooth Fitness.

Parts repaired or replaced pursuant to this Warranty shall be warranted for the unexpired portion of the Warranty applying to the original product. Any technical advice furnished before or after delivery in regard to the use or application of Smooth Fitness products is furnished without charge and on the basis that it represents Smooth Fitness' best judgment under the circumstances but that the advice is used at your sole risk.

Procedure for Obtaining Your Remedy Under This Warranty: To obtain service on a Smooth Fitness product, please call the Smooth Fitness Service Center under 0800-09 72 100. To help the technician assist you, please have the following information ready:
- Model name or number from the cover of the manual;
- Serial number located on the frame of the unit; and
- The part description and the order number.

Limitations on Warranty: This Warranty does not cover wear and tear, any problems, damages or failures that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product correctly, abuse or freight damage. Smooth Fitness does not warrant against any damage or defects that may result from repair or alterations made to the product by an unauthorized repair facility.

This Warranty does not apply to any product shipped or handled outside of Germany, Austria and England. This Warranty does not apply if the product is used as a rental product or in commercial use. Consequential and incidental damages are not recoverable under this Warranty.

RESEPECTIVE LAWS OF THE COUNTRIES OF SALE REMAIN UNTOUCHED. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER EXPRESS WARRANTIES. THE PERIOD OF COVERAGE OF THIS WARRANTY RUNS FROM THE DATE OF PURCHASE: SMOOTH FITNESS IS NOT LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES RESULTING FROM ANY DEFECT IN PARTS. SMOOTH FITNESS' SOLE LIABILITY UNDER THIS WARRANTY IS LIMITED TO THE TERMS DESCRIBED IN THIS FORM, AS LONG NOT GOVERNED DIFFERENTLY BY LOCAL LAW.

For assistance with assembly or to order replacement parts, please call the Smooth Fitness Service Partner under 0800-09 72 100. To help them assist you, please have the following information ready:

- Model name or number from the cover of the manual;
- Serial number located on the frame of the unit; and
- The part description and order number.

IMPORTANT STEPS

Warning:

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.

- Begin your training program slowly with realistic goals that have been set by you and your doctor.

- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.

- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.
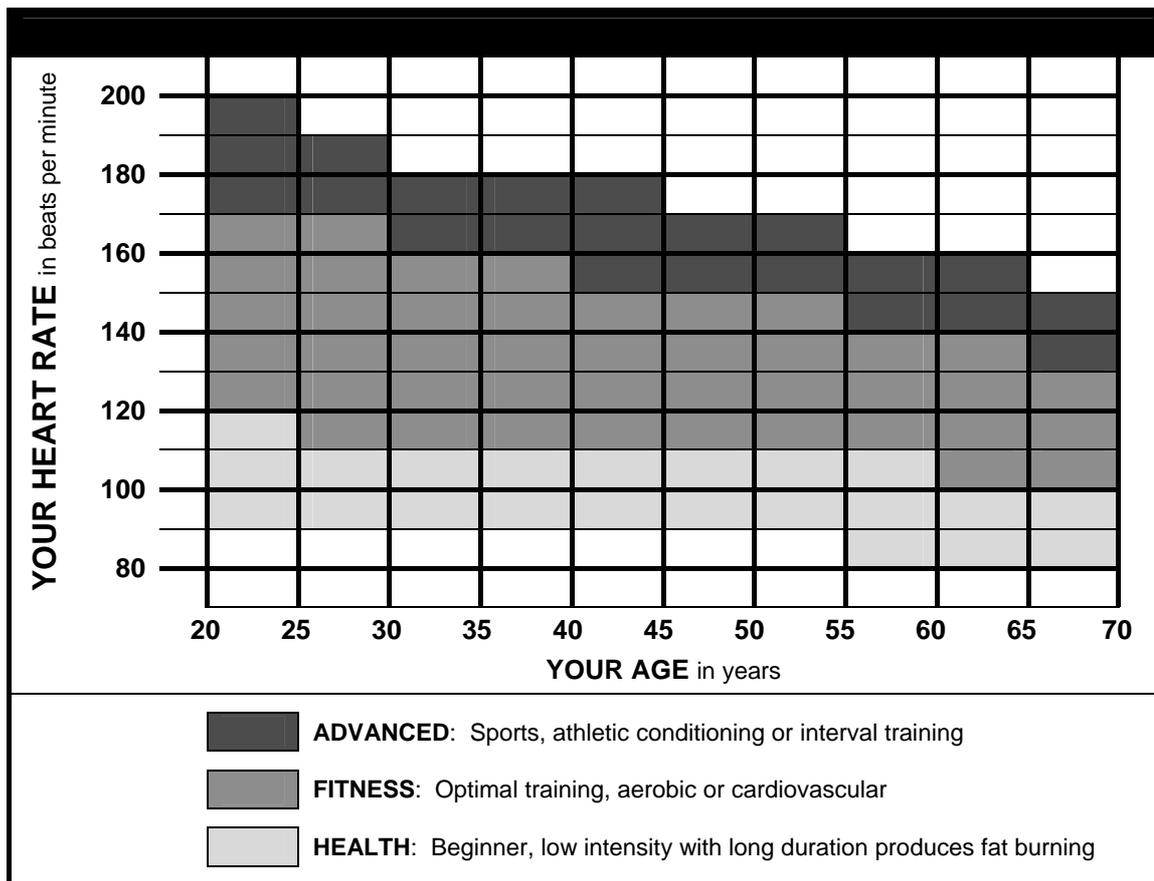
The Surgeon General has determined that lack of physical activity is detrimental to your health.™

TARGET HEART RATE

Finding your pulse:

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count the number of beats in ten seconds, and then multiply that number by six. This gives you the number of beats per minute.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its "target zone," a range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.


ADVANCED: Sports, athletic conditioning or interval training

FITNESS: Optimal training, aerobic or cardiovascular

HEALTH: Beginner, low intensity with long duration produces fat burning

Aerobic exercise:

Is any sustained activity that sends oxygen to your muscles via your heart and lungs. It will improve the fitness of your lungs and heart: your body's most important muscle. Aerobic fitness is promoted by any activity that uses your large muscle groups - arms, legs or buttocks, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.
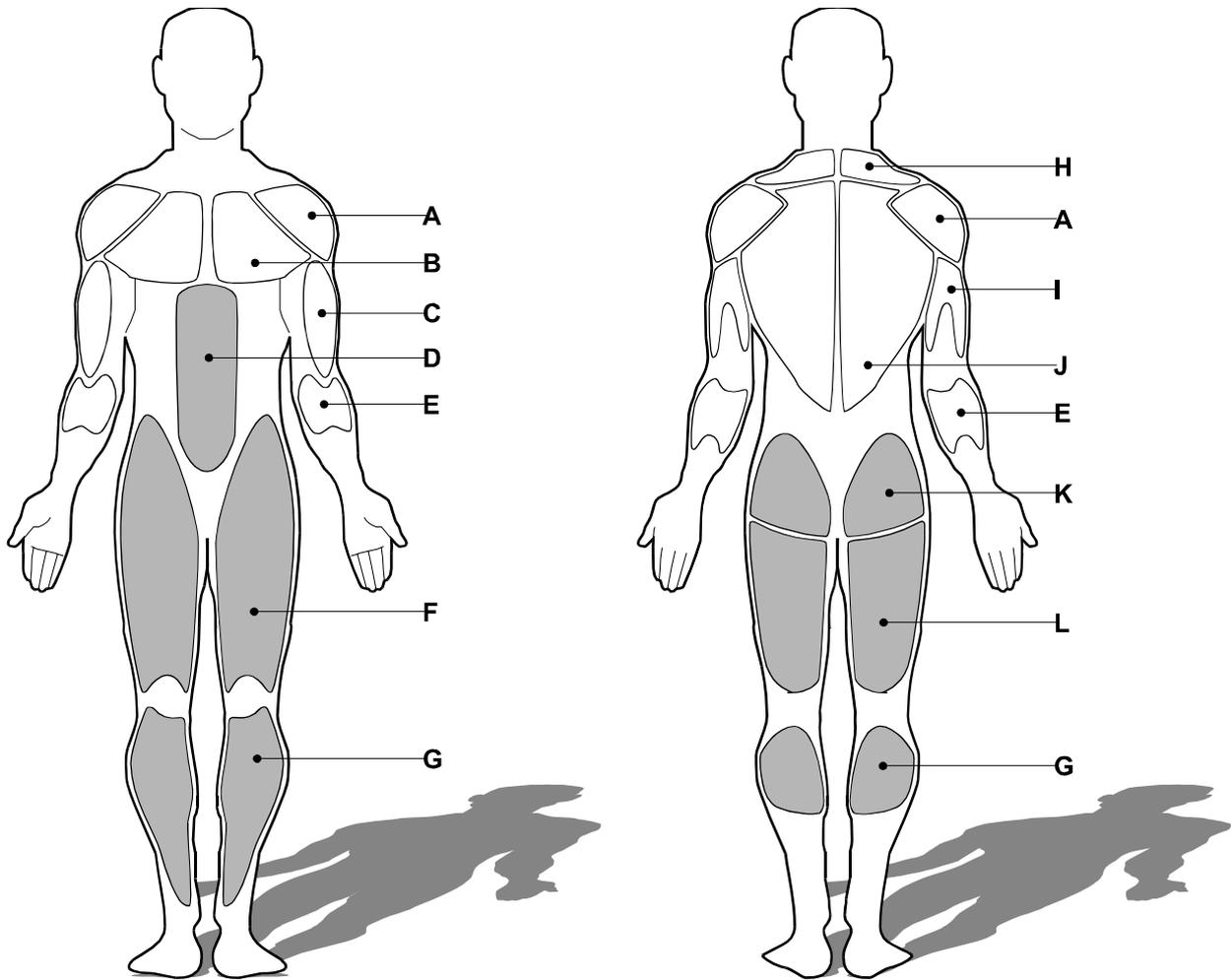
MUSCLE GROUPS

	Label		Label
	Shoulder muscles		Calf muscles
	Pectoral muscles		Trapezius muscles
	Bicep muscle		Tricep muscles
	Abdominal muscles		Back muscles
	Forearm muscles		Gluteal muscles
	Quadricep muscles		Hamstring muscles

## STRETCHING ROUTINE

Warm up and cool down:
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.
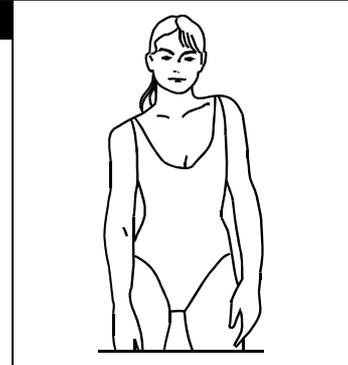
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.
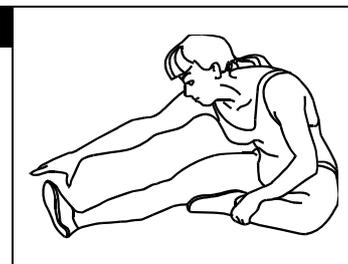
Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.
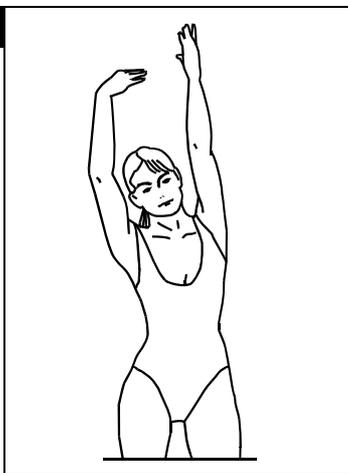
Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.
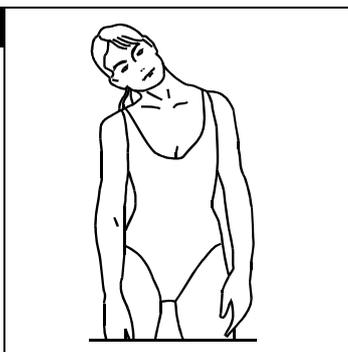
TROUBLESHOOTING

Troubleshooting

NOTE: Do not touch any internal electric wires without consulting the manufacturer.

Treadmill will not start:

1. Make sure the power cord is plugged into a surge protector, the surge protector is plugged into a properly grounded outlet and the surge protector is turned on (refer to the Power Requirements section in this manual).

2. Check the circuit breaker reset switch located on the front of the treadmill. Turn the power off, wait 5 minutes then press the rest switch.

3. Check the house electrical breaker box and the circuit breaker for the room the treadmill is located in. If it has tripped, reset or have an electrician replace the breaker in home.

4. Have an electrician check for inadequate voltage at the outlet.

Treadmill looses power during use:

1. Check the circuit breaker reset switch located on the front of the treadmill. Turn the power off, wait 5 minutes then press the rest switch.

2. Check the house electrical breaker box and the circuit breaker for the room the treadmill is located in. If it has tripped, reset or have an electrician replace the breaker in home.

Treadmill walking belt slows during use:

1. Check to make sure the treadmill is securely plugged into an UL-listed surge protector, rated at 15 amps, with a 14-guage cord of five feet or less and the surge protector is securely plugged into the outlet.

Treadmill walking belt slips or is not centered on rear roller:

Refer to the Belt Adjustment section of this manual.

Smooth Fitness
PO BOX 436
Farnborough
GU14 4BS
United Kingdom

Phone: 0800-09 72 100
e-mail: info@smoothfitness.co.uk

Website:
www.smoothfitness.co.uk